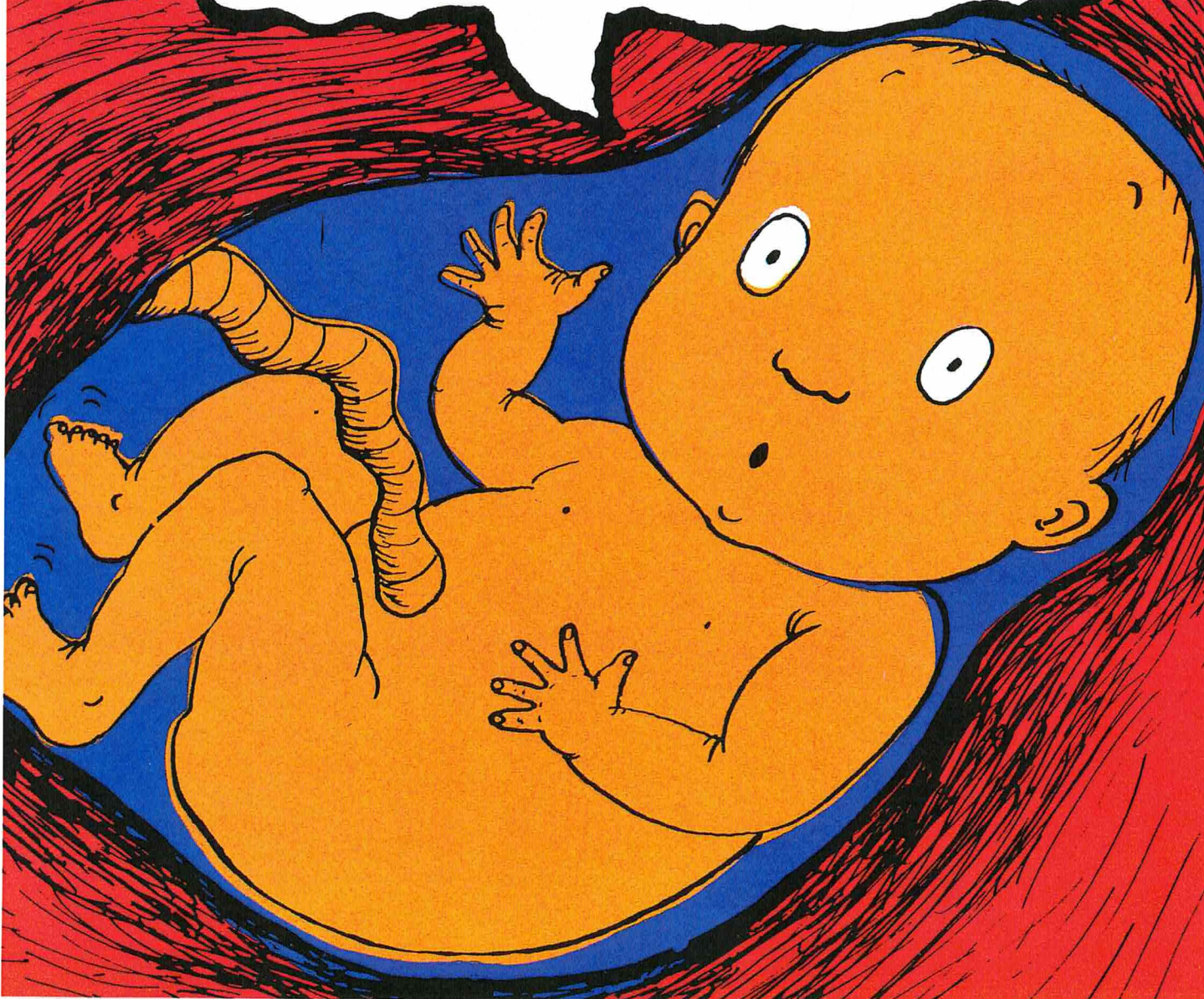
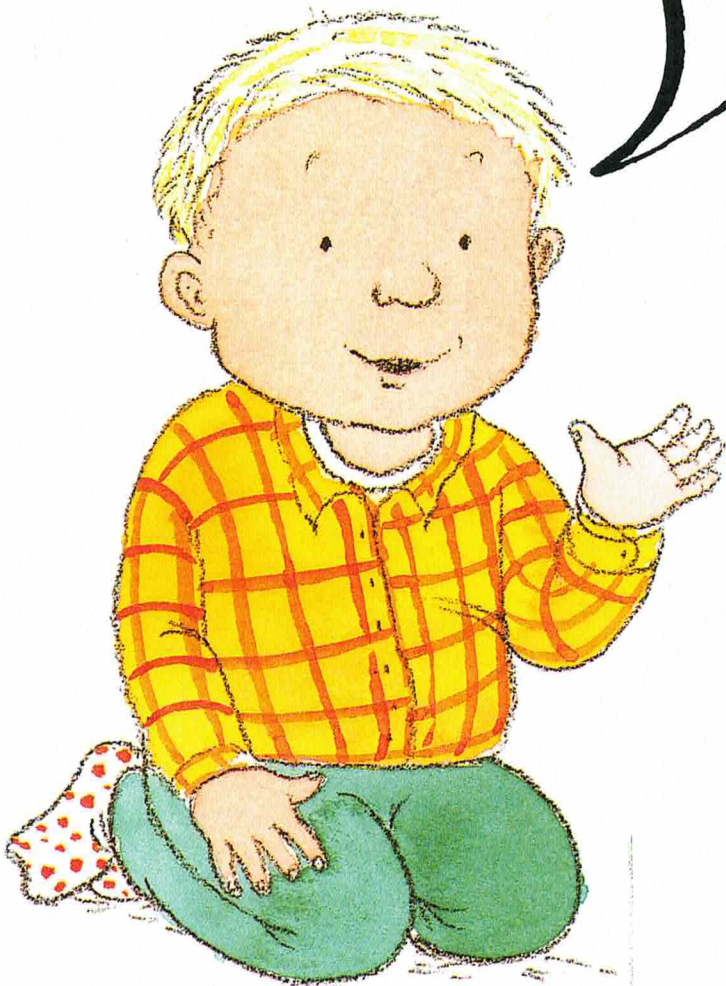


by Mick Manning & Brita Granström

How Did I Begin?



How did I Begin?



by Mick Manning
and Brita Granström

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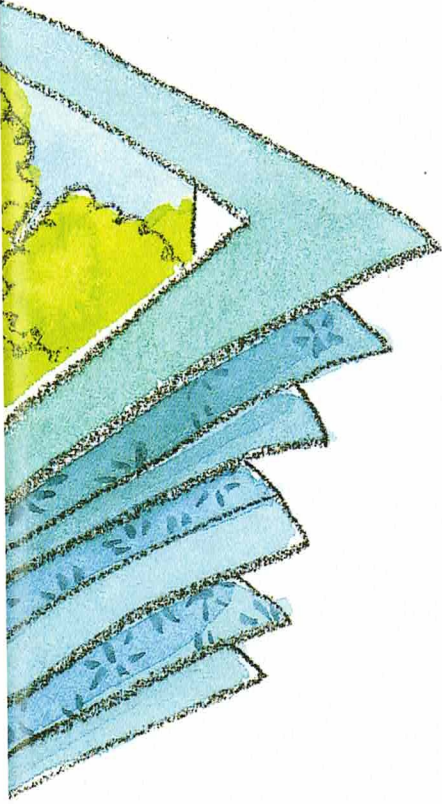
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How did I begin?



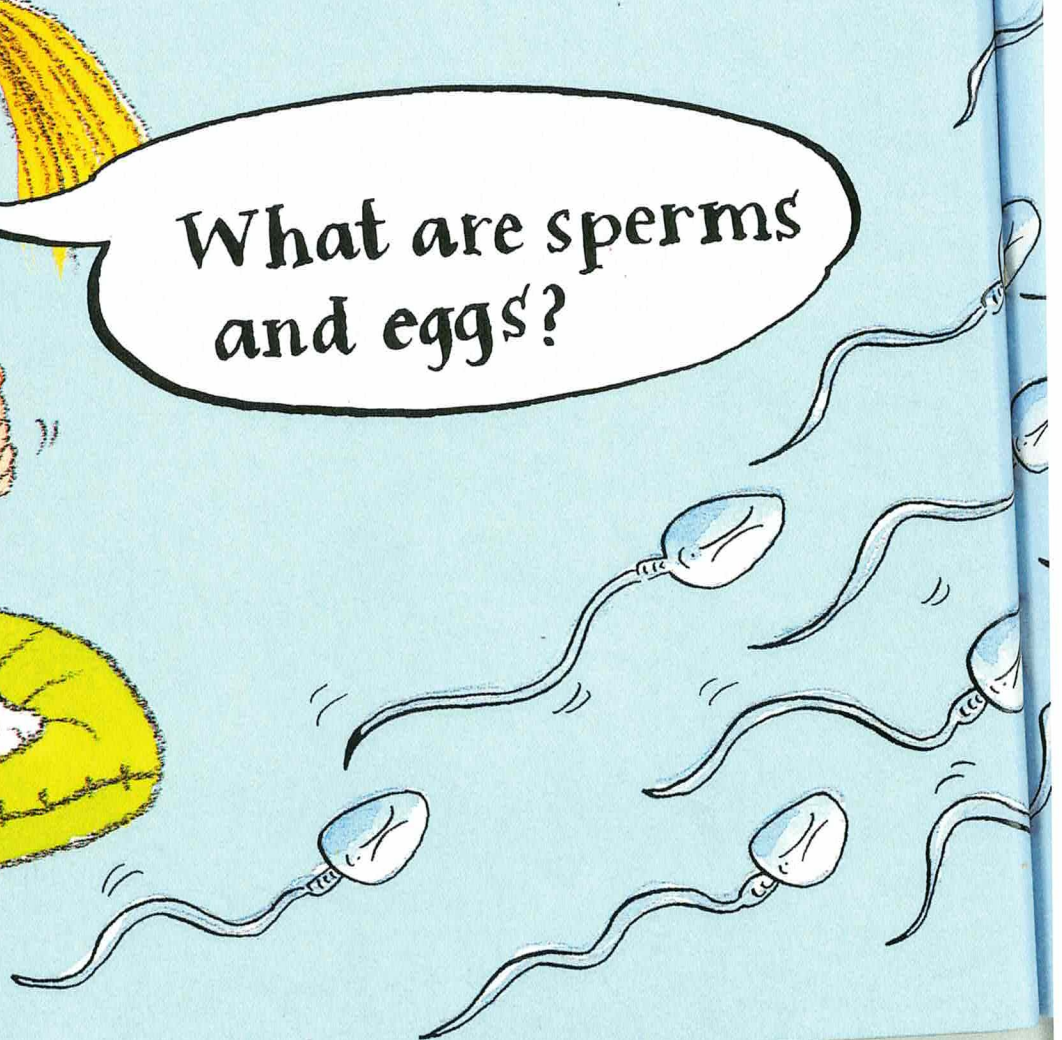
You began with a special cuddle
between your mum and dad.
But after this cuddle you didn't
just pop out into the world...
their cuddle was only the beginning.
It took nine months before you
were ready to be born.

How was I made?

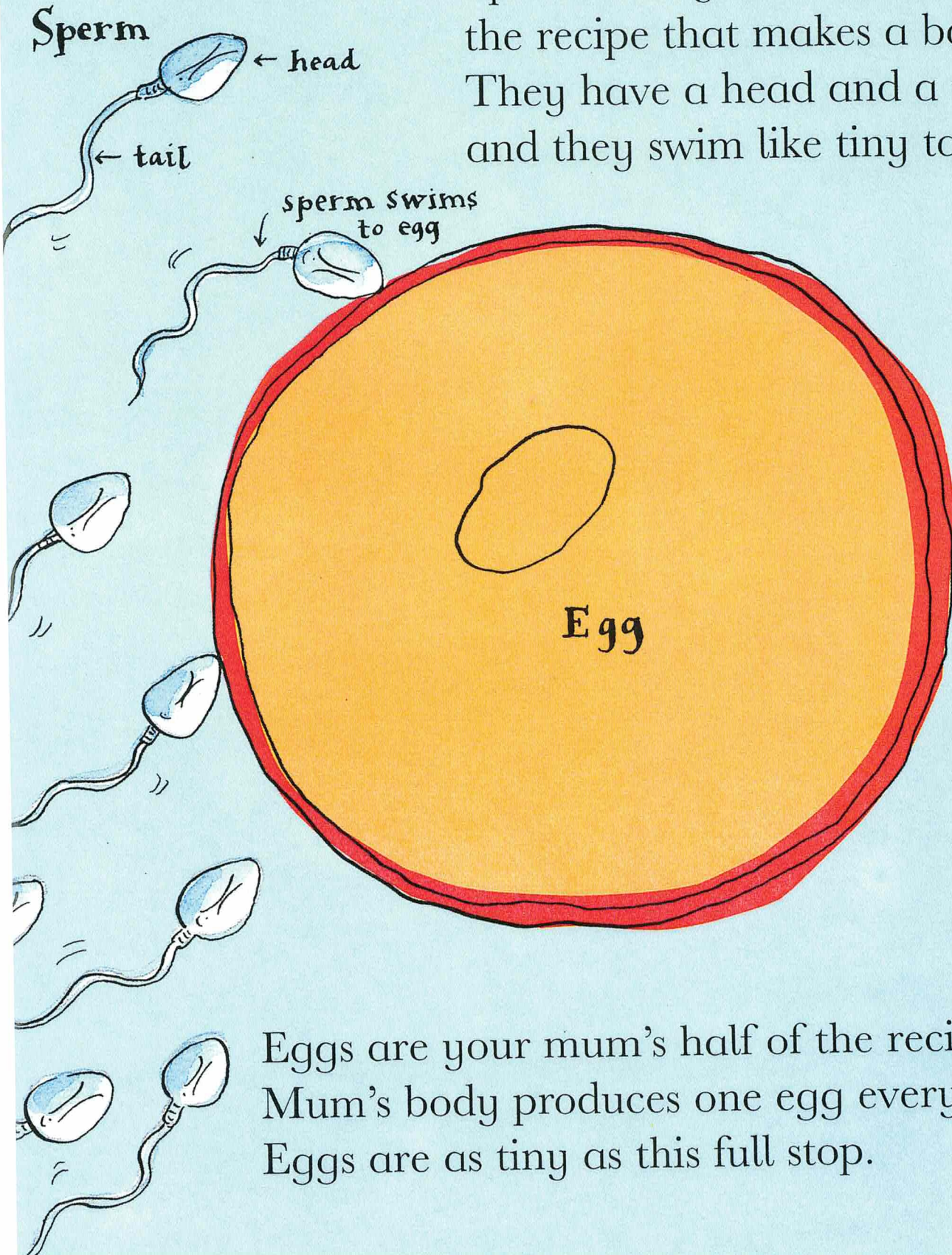
As they cuddled, your dad's sperms swam inside your mum and met up with one of her eggs.



What are sperms and eggs?



Sperms are your dad's half of the recipe that makes a baby. They have a head and a tail and they swim like tiny tadpoles.



Eggs are your mum's half of the recipe. Mum's body produces one egg every month. Eggs are as tiny as this full stop.

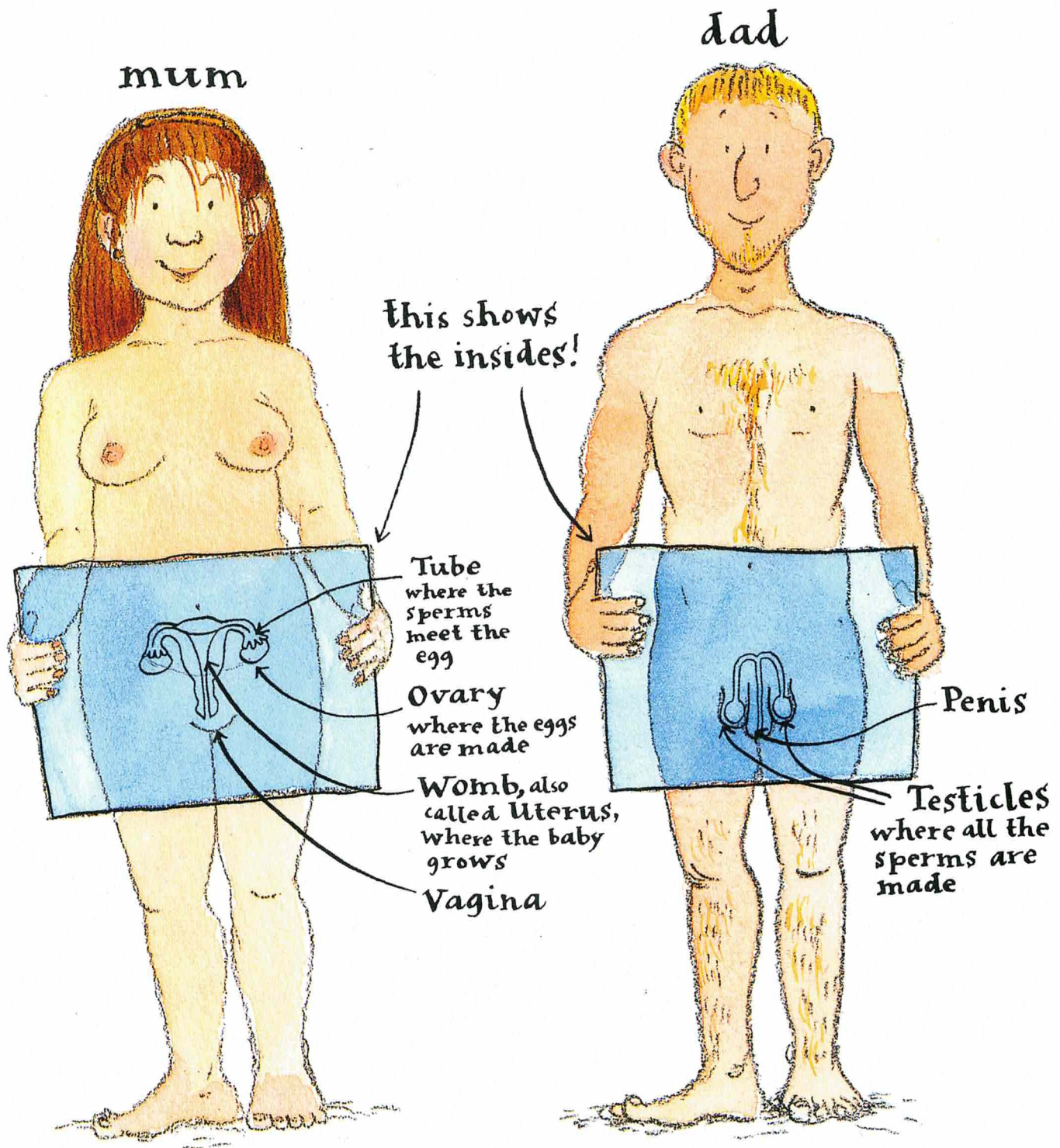


How did dad's
sperms get
inside mum?

As they cuddled, your
dad's penis moved gently
inside your mum's vagina
and the sperms flowed out.

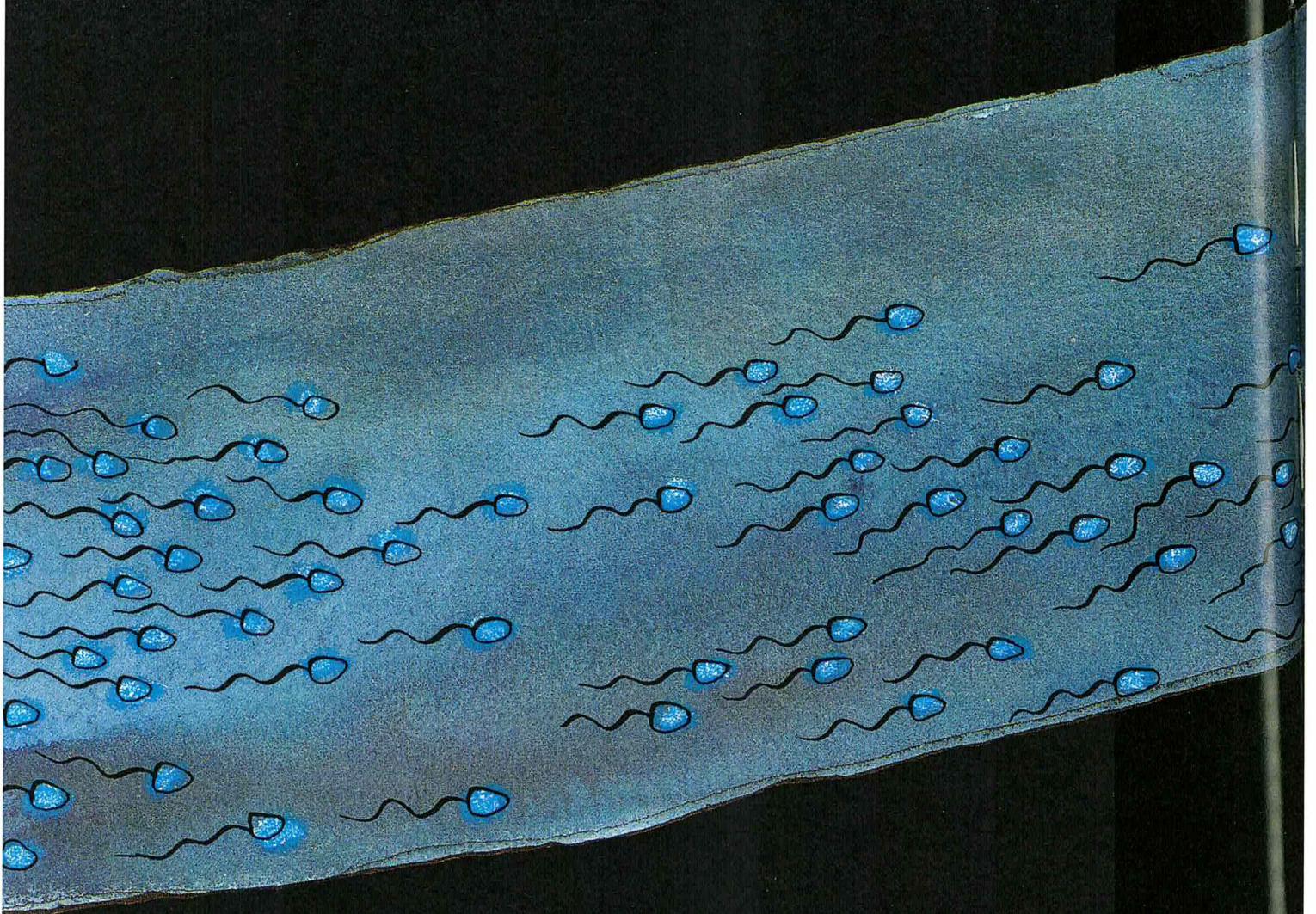


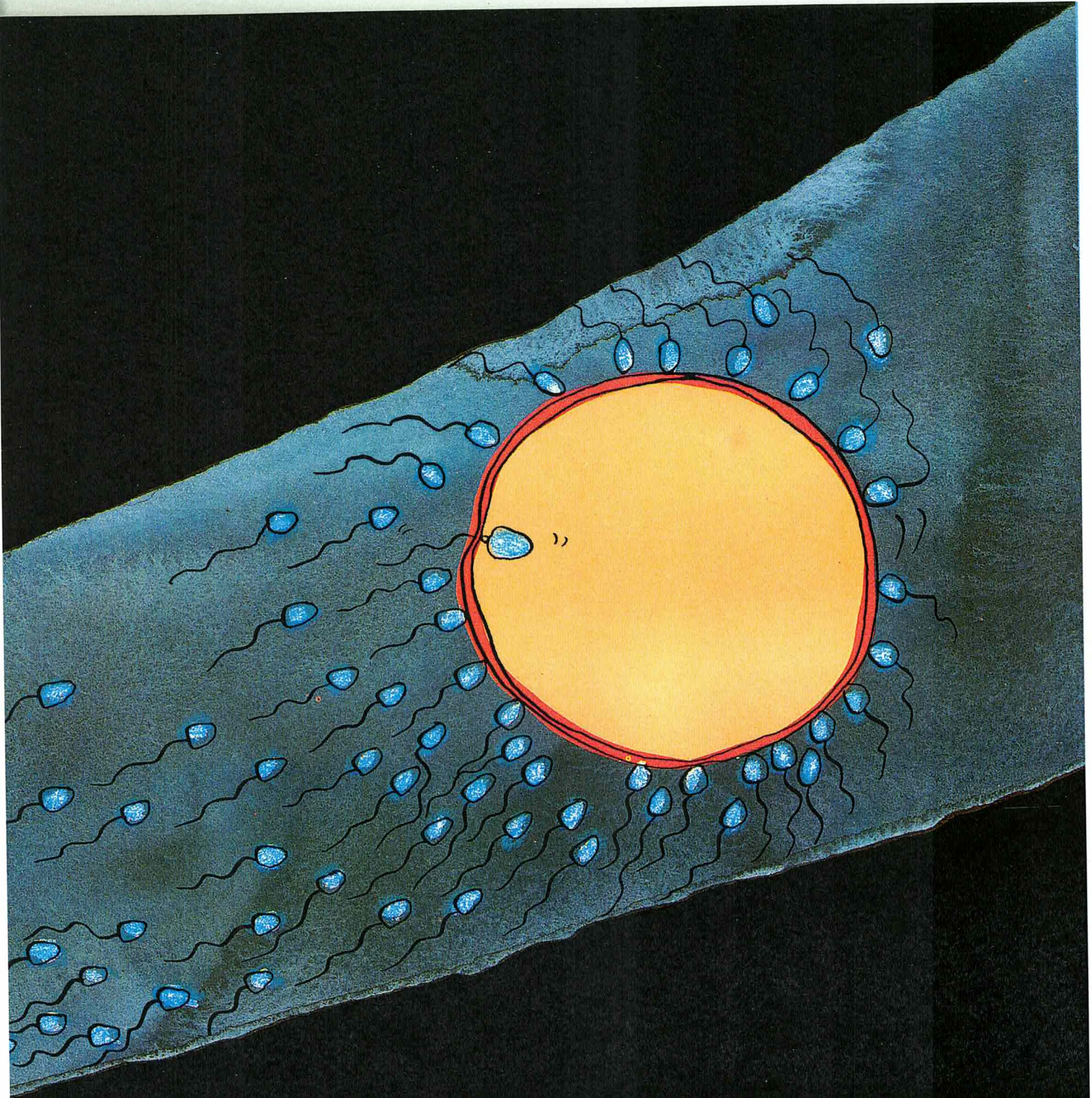
Your dad's sperms swam like crazy when they got inside your mum – they were searching for something – it was like a treasure hunt.



They found what they were looking for –
they met mum's egg moving towards
them down a long dark tunnel!

One sperm burrowed inside the egg and
the egg made a tough skin to keep
out the other sperms.





This is the split second you began!

Only one sperm out of millions
wins the race to make you.

That means you are a winner
from the second you are made!

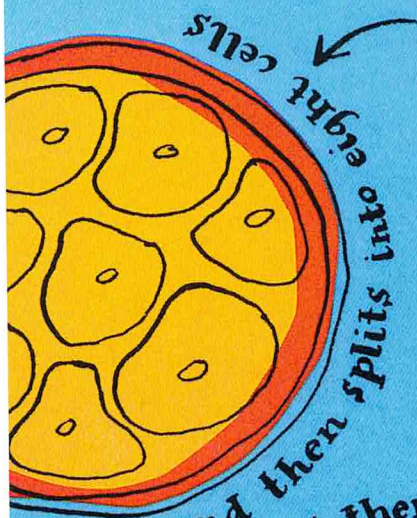
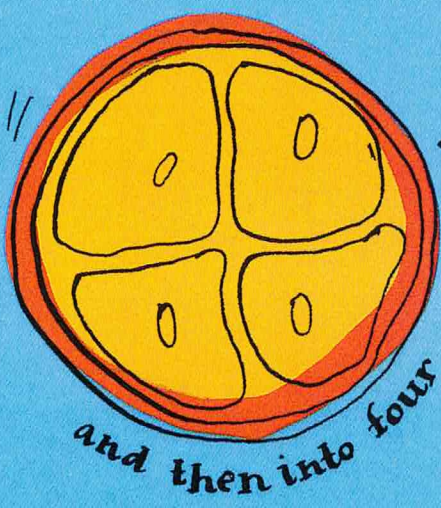
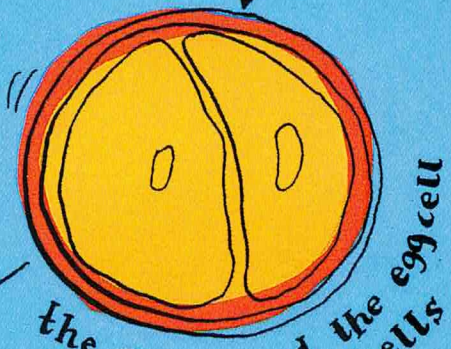
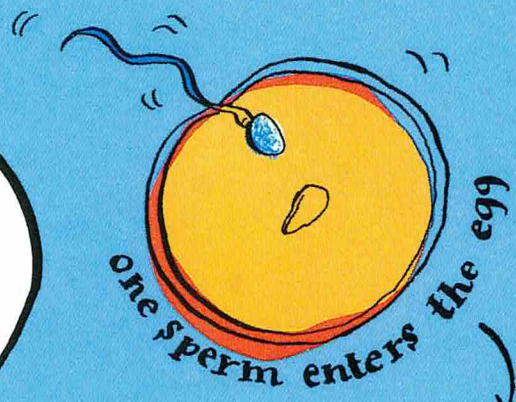
Together the winning sperm and
your mum's egg made your first
living cell.



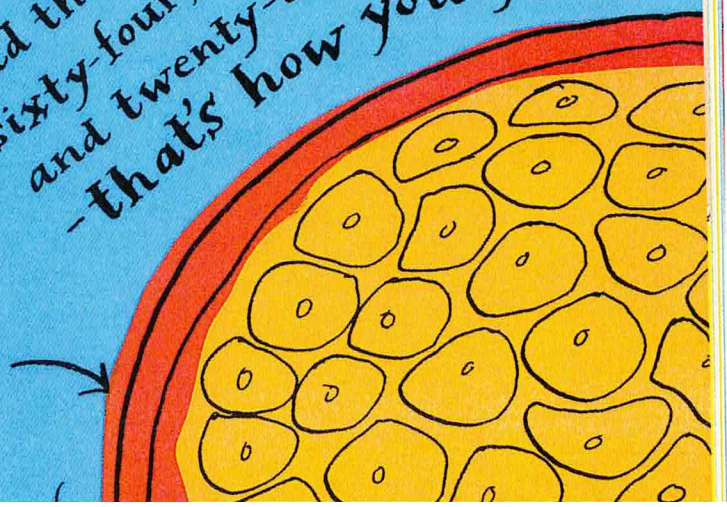
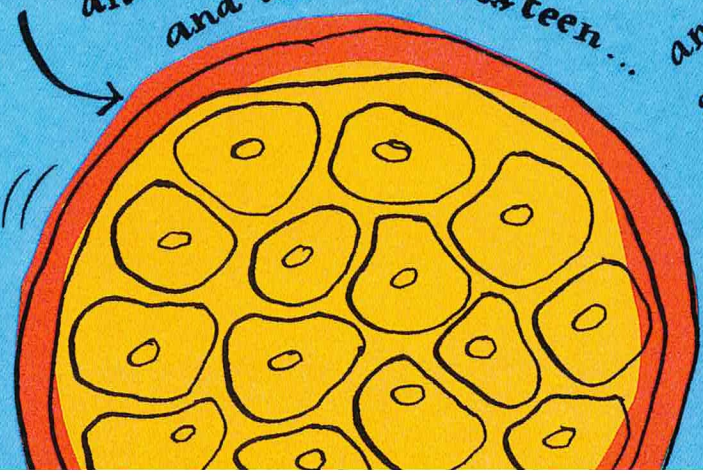
What is a cell?

A cell is a sort of living building brick.

How did I grow bigger?



and then into thirty-two, then into sixty-four, then into one hundred and twenty-eight and so on...
-that's how you grew!



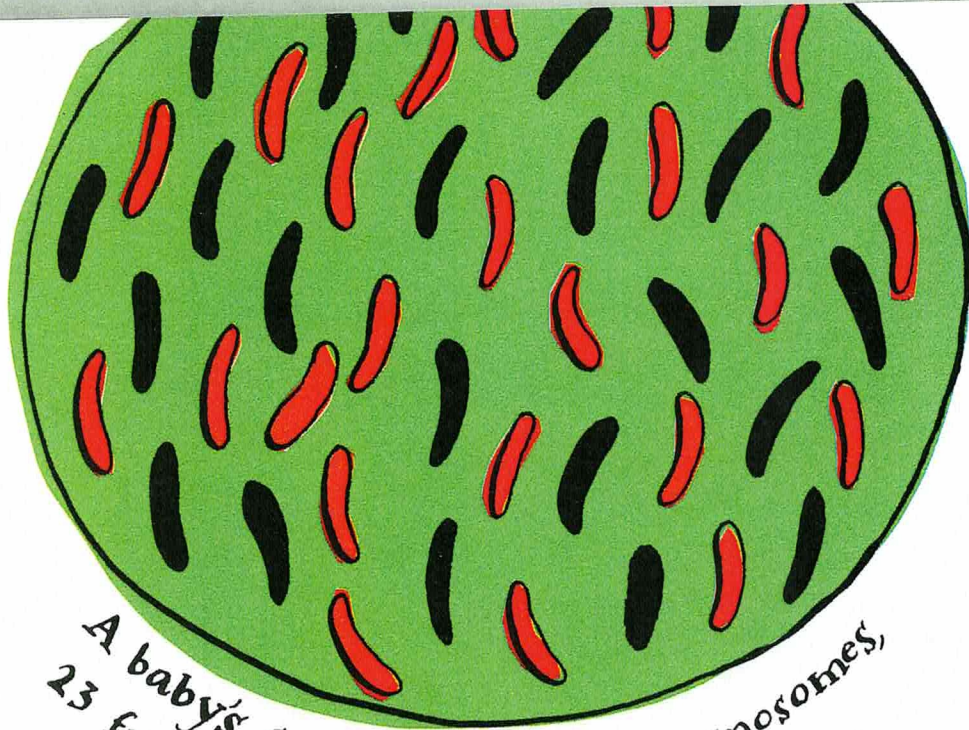
What makes me
look like I do?



Each cell contains
chromosomes which are
like building instructions
to make you.

You get 23 chromosomes
from your mum's
egg and 23 from your
dad's sperm.

That's why people say,
"You have got your
mum's eyes" or, "You
have your dad's nose."





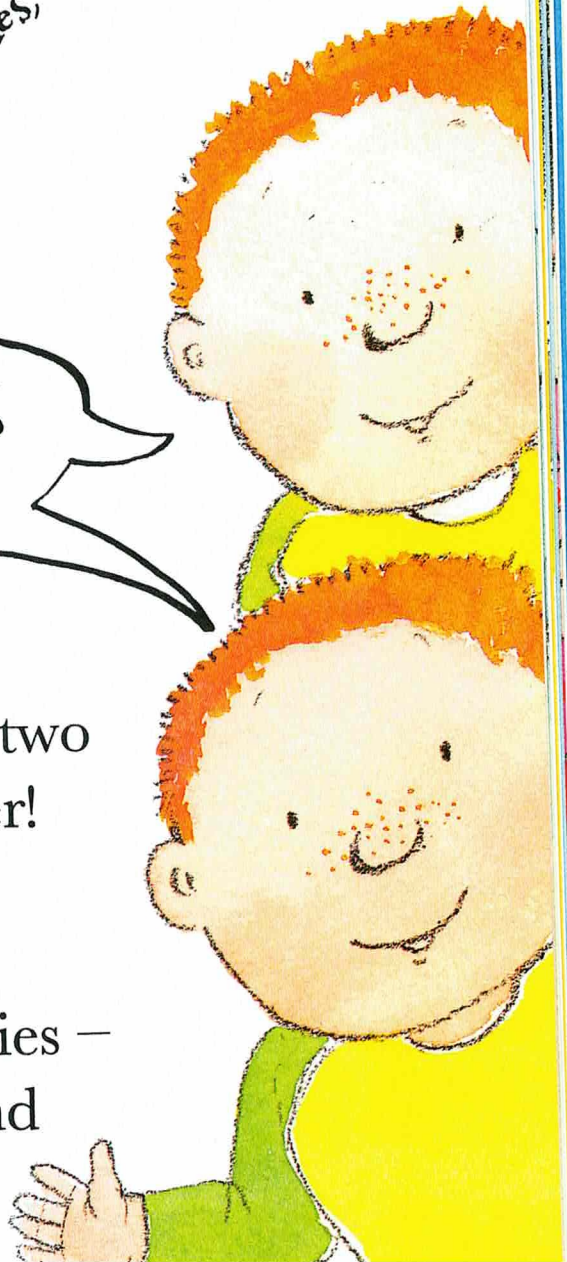
 = dad
 = mum

A baby's cells have 46 chromosomes,
23 from dad and 23 from mum.

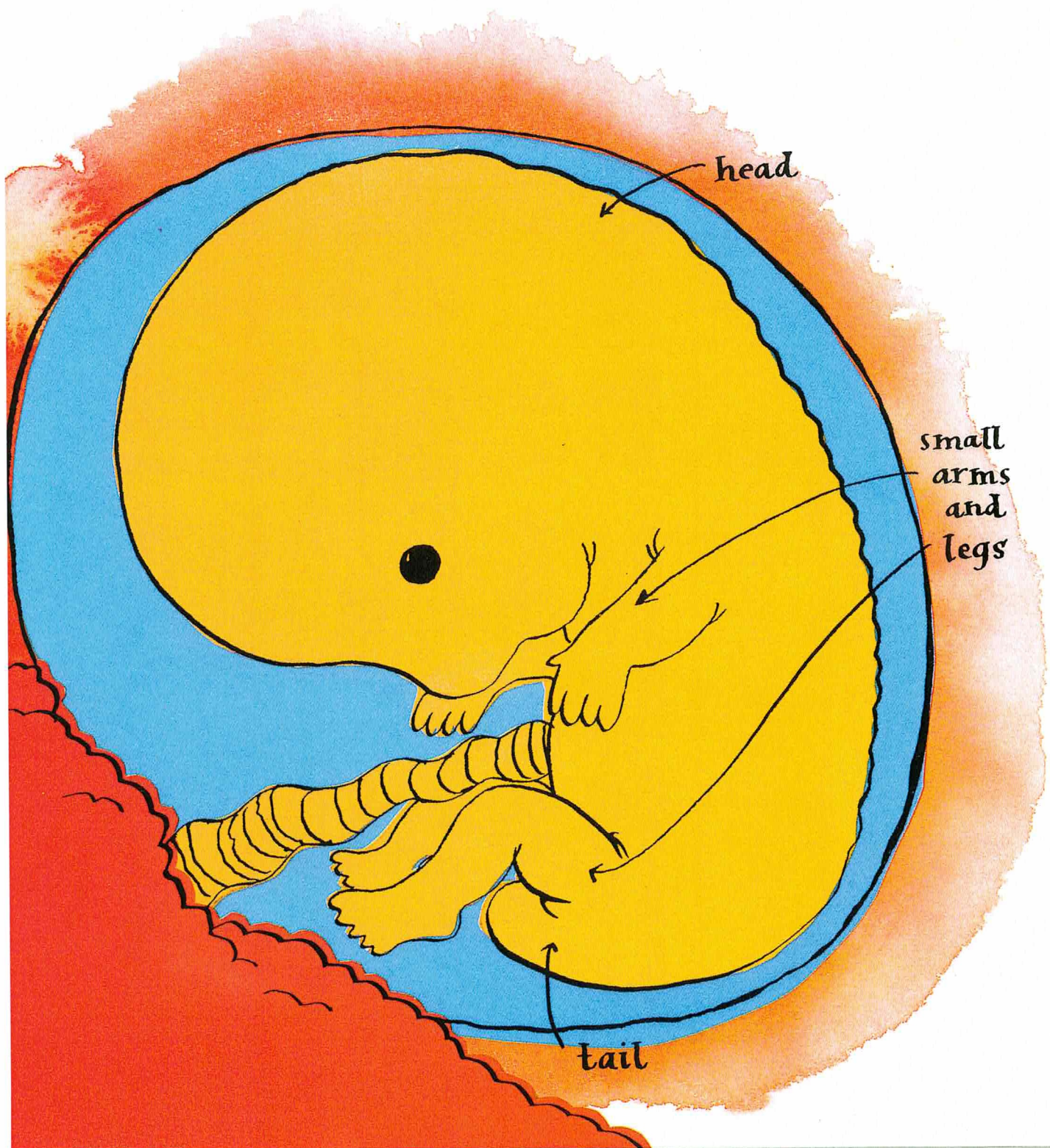
How do twins happen?

If two sperms find two eggs then two babies grow up next to each other!

Sometimes the first cell divides and grows into two separate babies — they are called identical twins and they look almost the same.



As you began to grow, the tiny ball of cells that was you travelled into a warm, dark place called the womb and continued to grow.



What did I
look like?

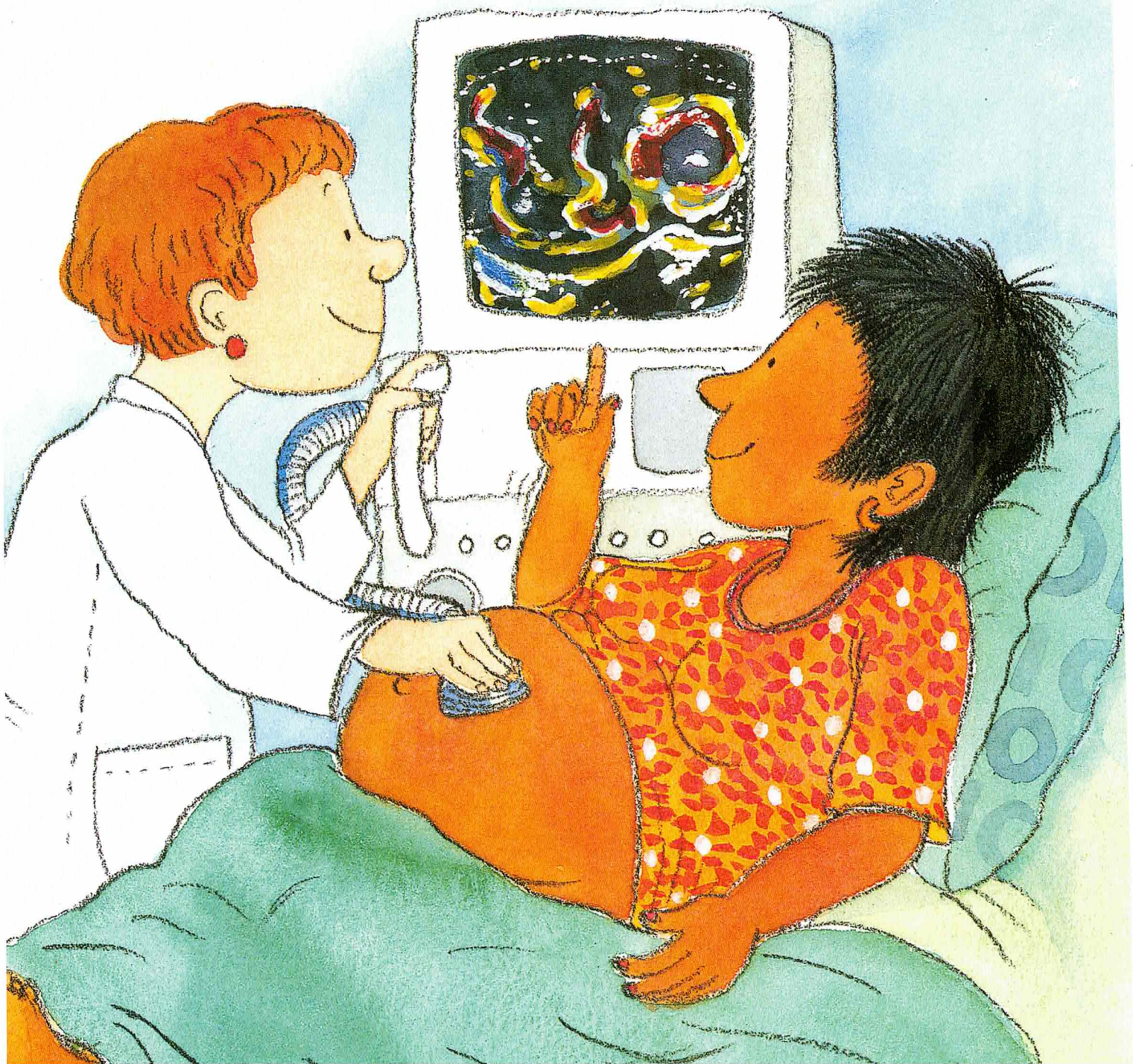
After a few weeks you had
a head end and a tail end.
After five weeks your tiny
arms and legs began to grow.



Your mum may have visited a hospital to check you were OK. The doctors and nurses would make sure you were well.



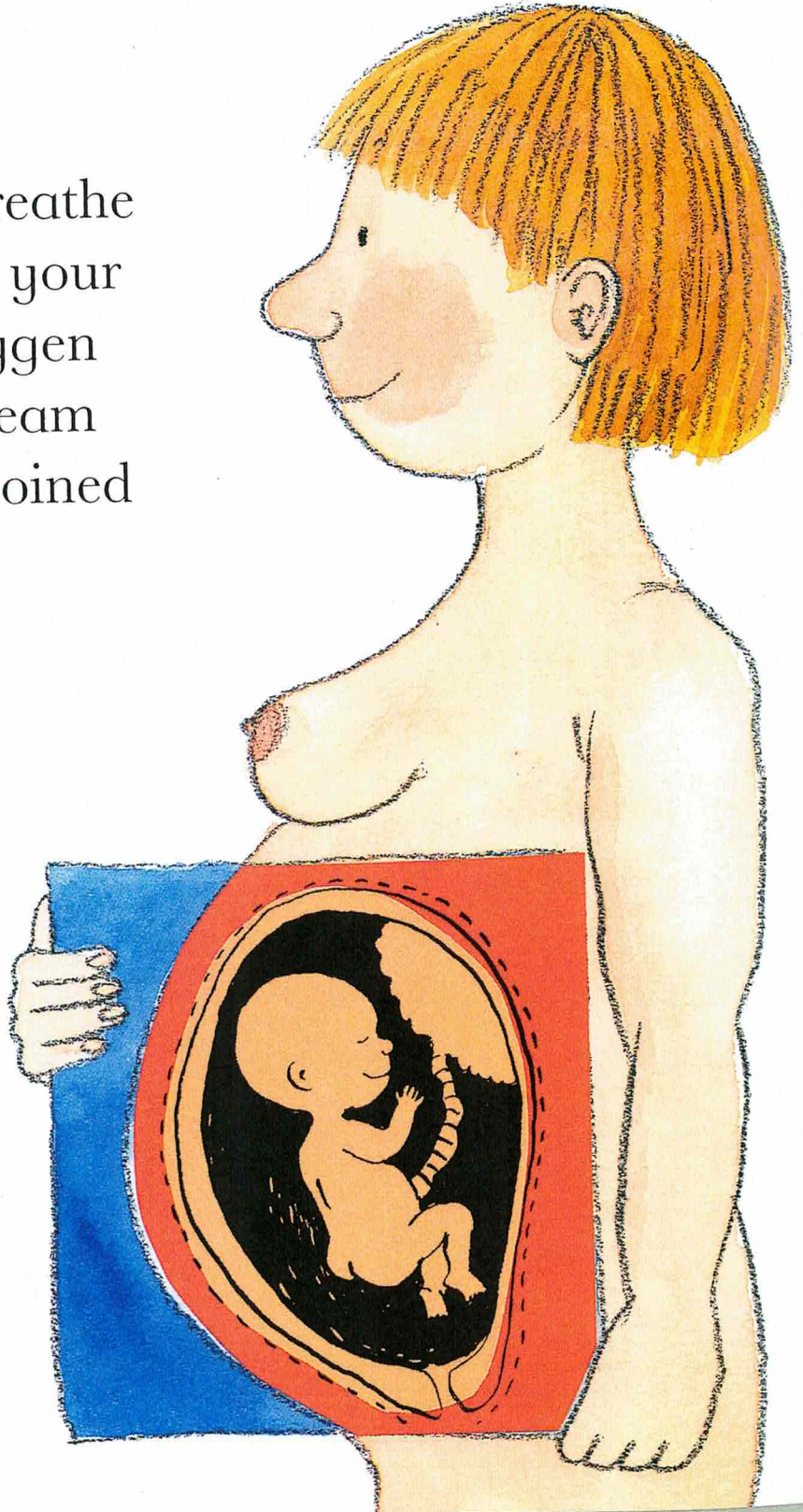
Perhaps a machine called an ultrasound scanner took a photo of you inside your mum.

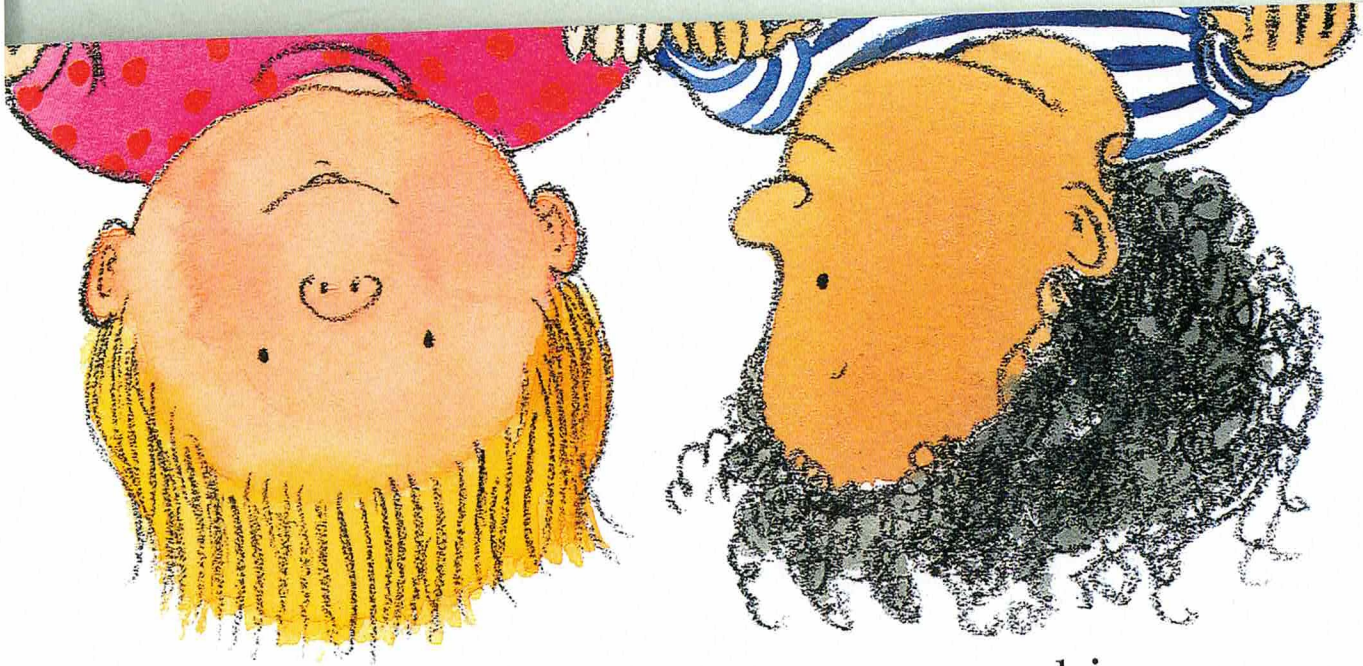


How did I breathe?

You didn't need to breathe inside your mum, all your nourishment and oxygen came in her bloodstream through a tube that joined you to her.

The tube is called an umbilical cord – that's where your belly button is now.

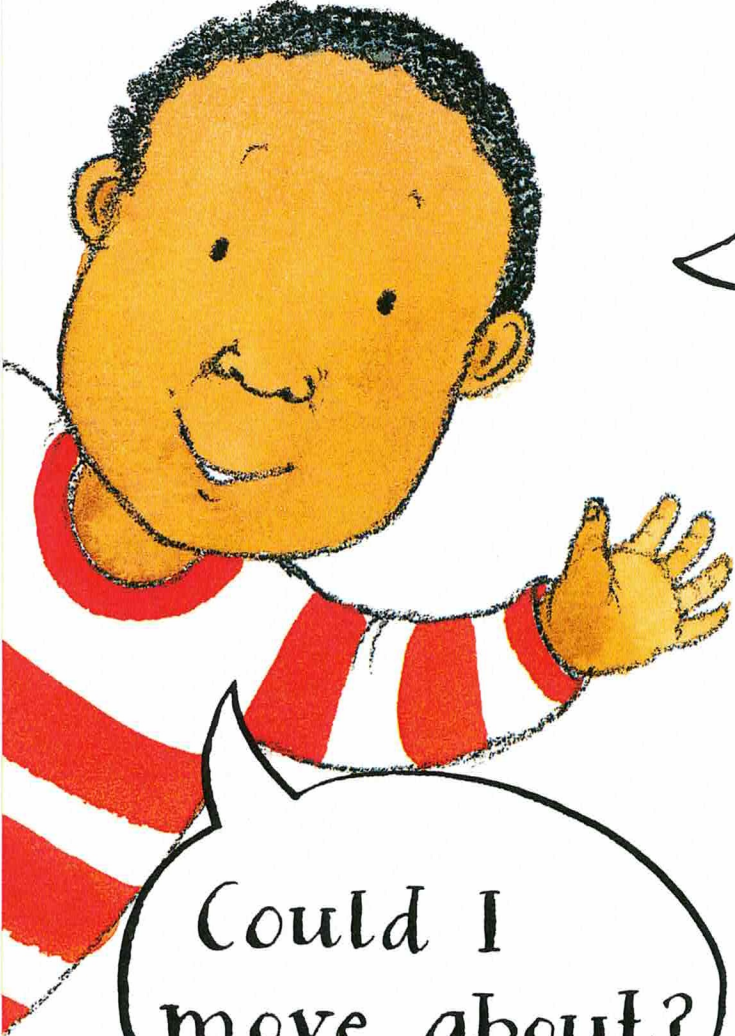




Mum's tummy stretched as you grew bigger.
After five months she could feel you wriggling
and kicking.

Sometimes you would play roly-poly in the
middle of the night and wake your mum up!





What was it
like inside
mum's womb?

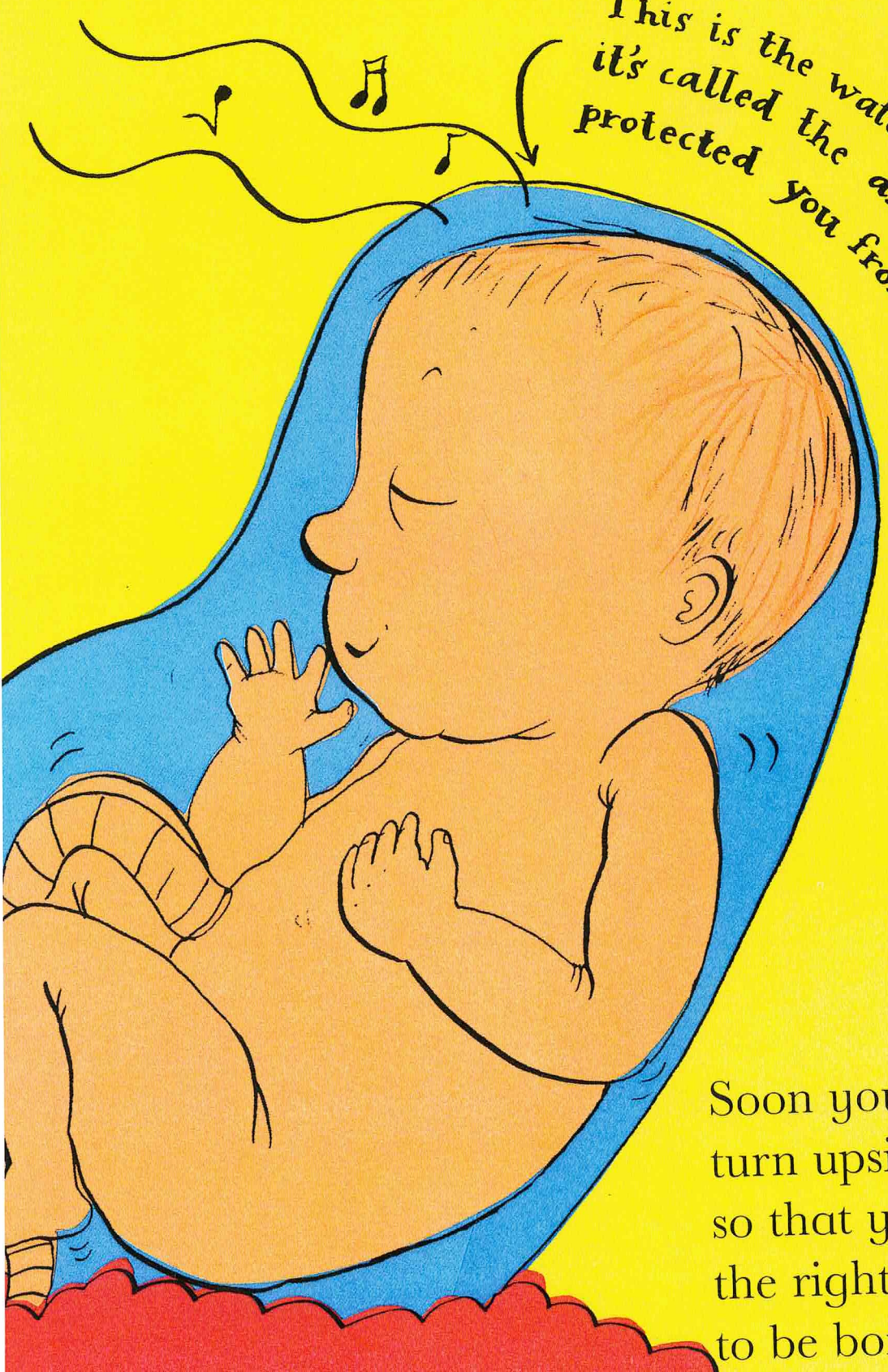
You floated in a bag of warm water and all around was the echo of your mum's heart like a big drum!

Could I hear
things in there?

Yes you could – when mum talked you could hear her. You could listen to music as well!

Could I
move about?

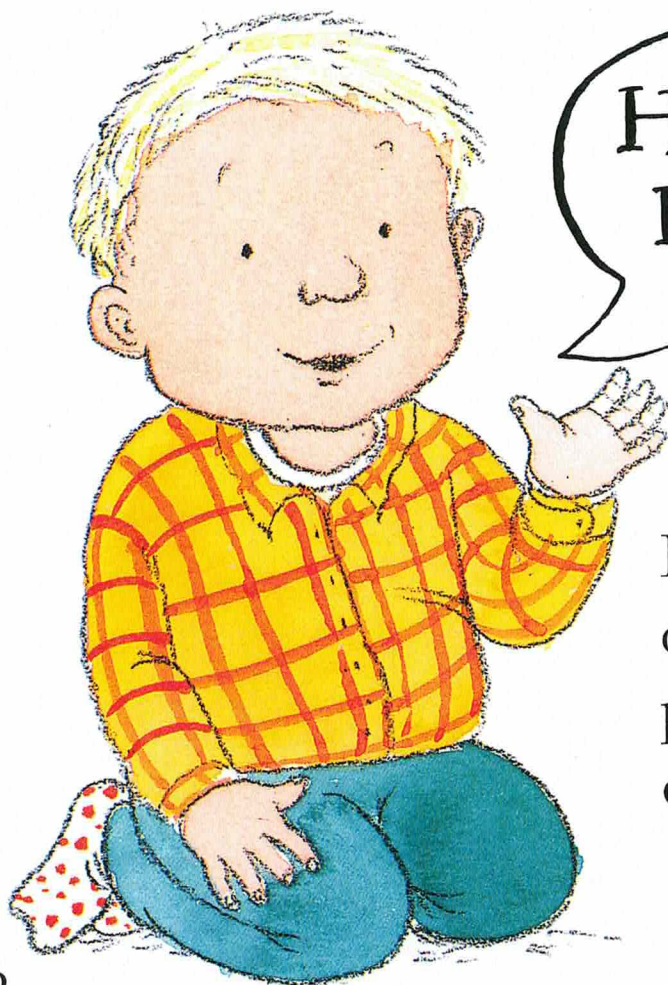
You could swim about. Sometimes you would drink some of the water you floated in – that would make you hiccup!



This is the water bag you floated in -
it's called the amniotic sac - it
protected you from bumps and germs!

Soon you would
turn upside-down
so that you were in
the right position
to be born.

After about nine months your mum felt her tummy go tight, then relax. Gradually this feeling got stronger. This was the start of you being born – it's called labour.

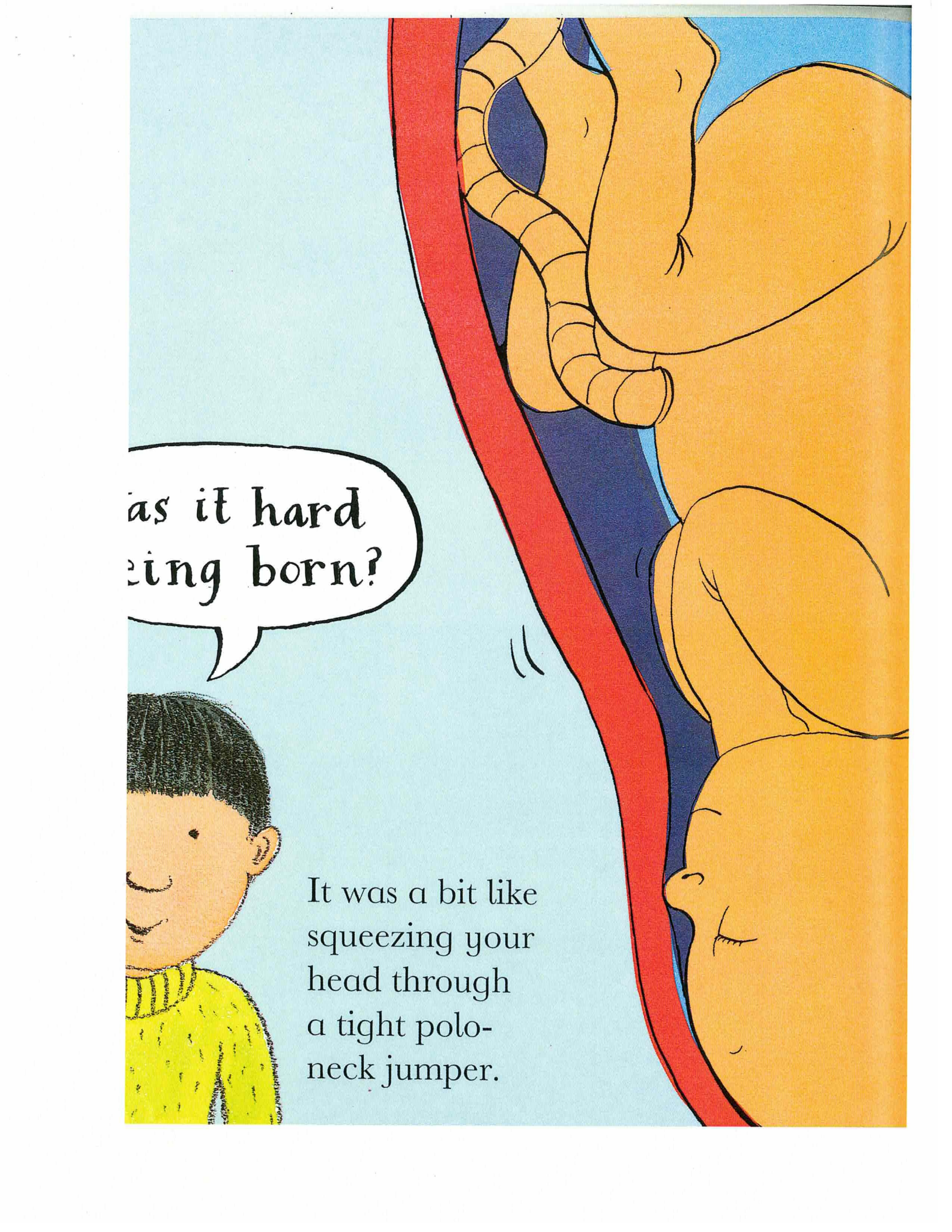


How big was
I then?

Babies can be all sorts of sizes, but you were probably about the size of a rabbit!



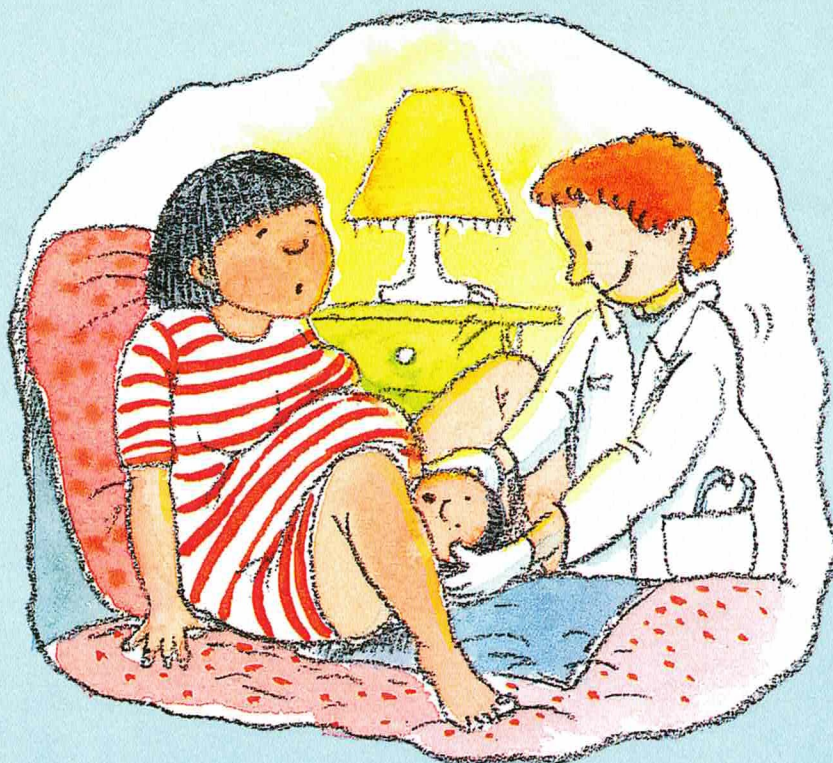
The tight feelings your mum got in her tummy are called contractions. They can start hours before the birth will happen.



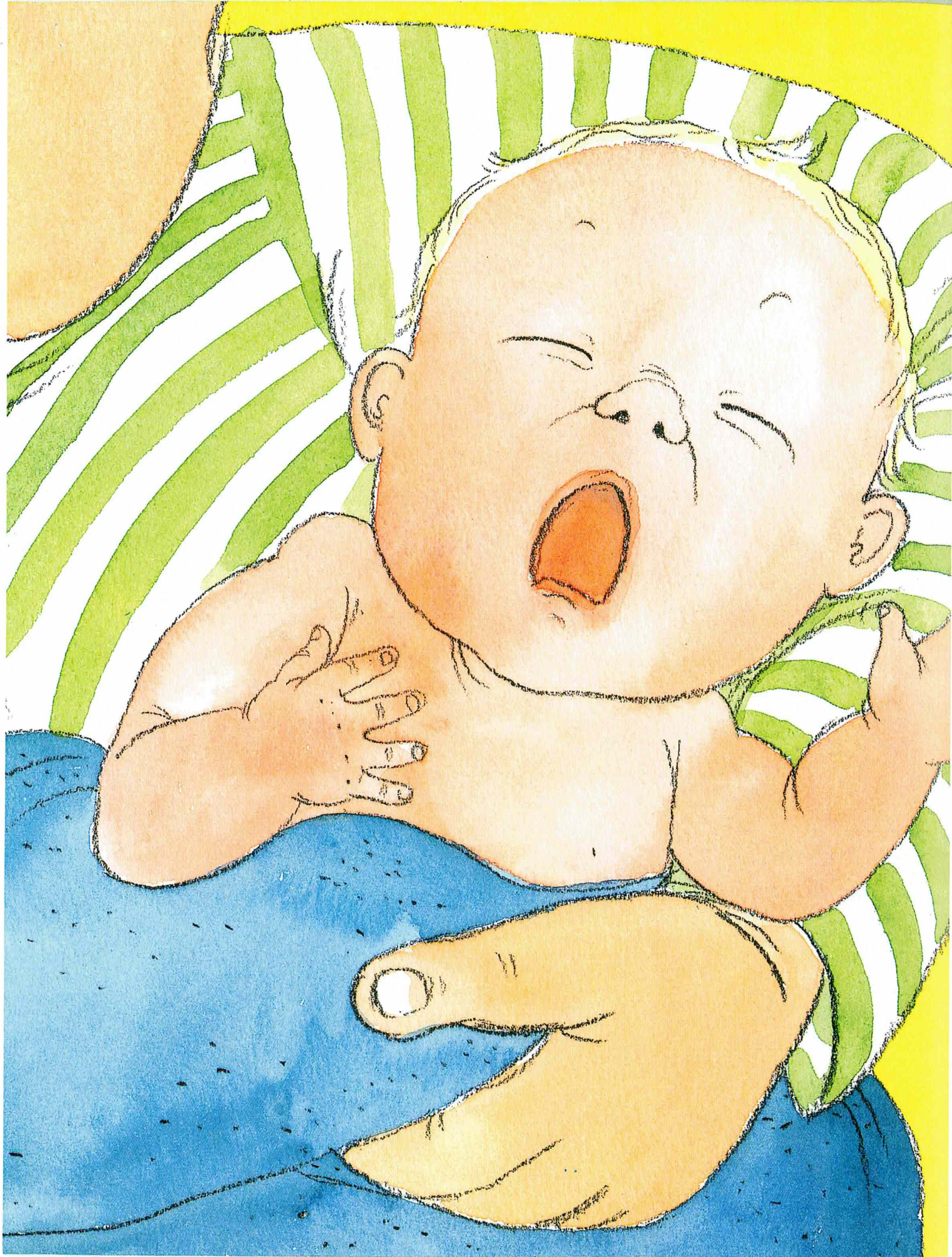
Was it hard
being born?

It was a bit like
squeezing your
head through
a tight polo-
neck jumper.

You were being squeezed out of your mum's womb. Suddenly the balloon of warm water you floated in burst! Slowly you were pushed out.



Sometimes babies can't be born like this, so a doctor gives mum an injection to stop the pain, makes a small opening in her tummy and lifts the baby out – this is called a Caesarean.



First everyone looked to see
if you were a boy or a girl!
Then someone cut the umbilical
cord and weighed you.

What did I
do then?

You cried. Perhaps you wanted
to be back in that warm place,
listening to your mum's
heartbeat or perhaps you just
wanted to say hello!







So you see you started with a cuddle between your mum and dad. Then nine months later there was you, a newborn baby sleepy in your mum's arms.

Now here you are looking at this book!

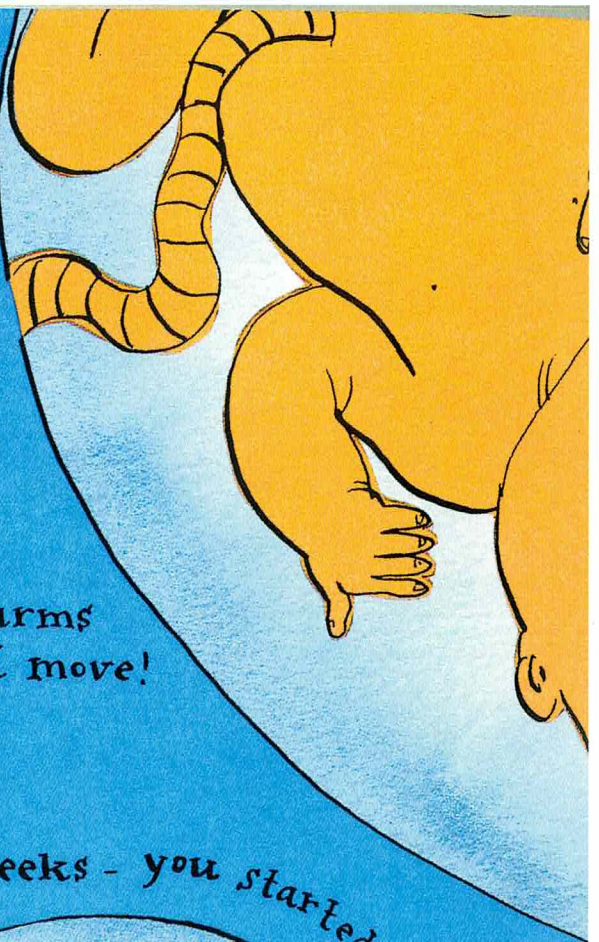
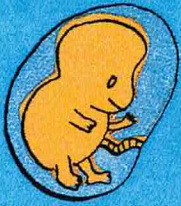
day 1 - the sperm entered the egg

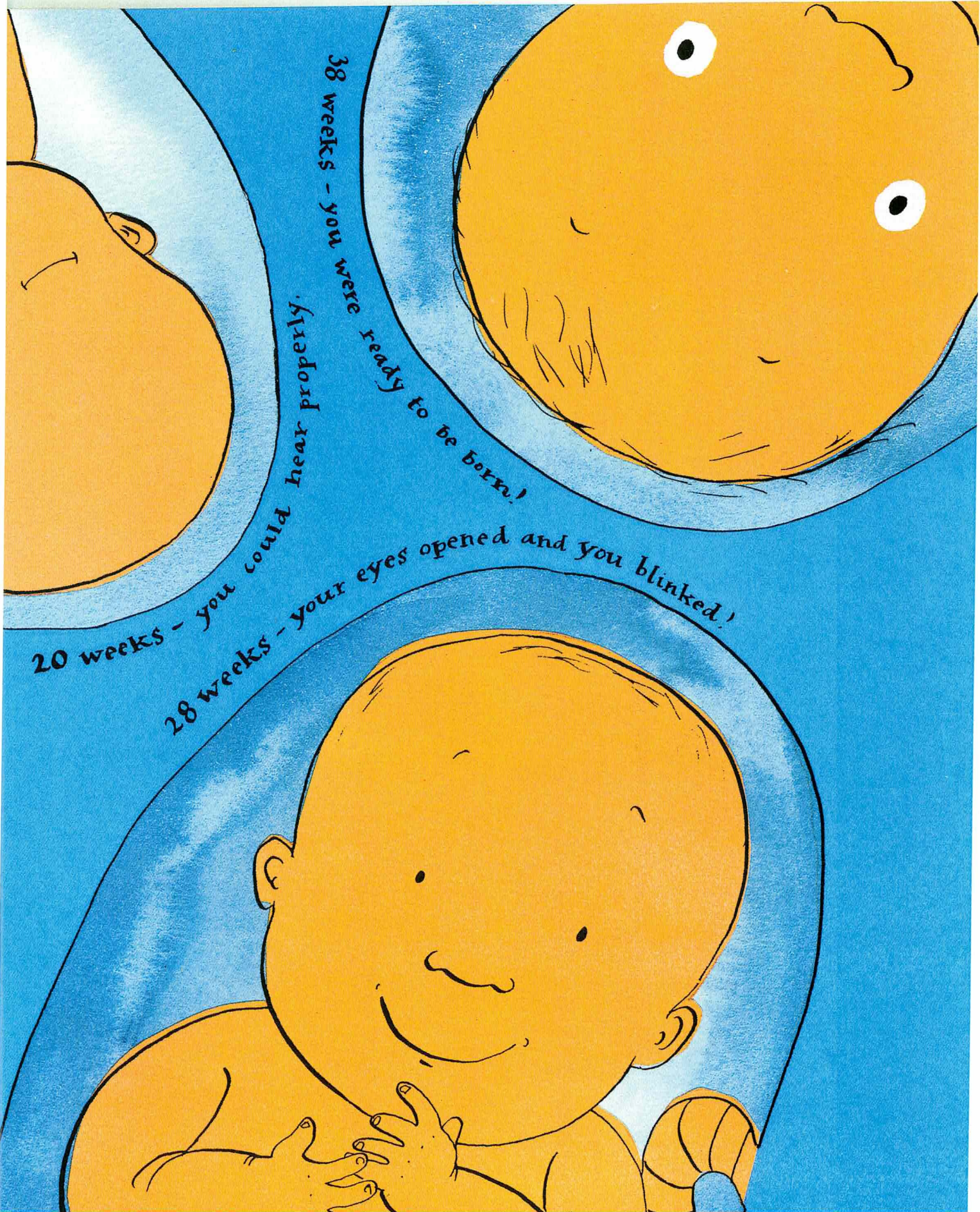
4 weeks - you were as big as a pea!

8 weeks - you grew small legs and arms.

12 weeks - your arms and legs could move!

16 weeks - you started to hear.





20 weeks - you could hear properly.

28 weeks - your eyes opened and you blinked!

38 weeks - you were ready to be born!