

Week 17 of pregnancy: fat storage skeleton and reflex development



Where you are in pregnancy at week 17

Fat storage: why it matters now

Skeleton development and ossification

Reflex development: swallowing, sucking, and movement

Skin, vernix, hair, and fingerprints

What you may feel in your body

Intermittent lower abdominal pulling or sharp twinges, often related to round ligament stretching

Mild swelling or a sense of fullness due to fluid and circulatory changes

Increased vaginal discharge that is thin or milky, without strong odor or irritation

Changing sleep comfort as the abdomen grows

Occasional lightheadedness, especially when standing quickly or going long periods without food

Appointments, screening, and the upcoming anatomy scan

Supporting development safely

Nutrition: balanced meals with protein, complex carbohydrates, healthy fats, and micronutrient-rich foods

Hydration: especially if you have headaches, constipation, or dizziness

Movement: pregnancy-appropriate activity such as walking, swimming, or prenatal exercise when medically suitable

Medication safety: reviewing prescriptions, over-the-counter medicines, and supplements before use

Sleep and posture: using side-lying positions and supportive pillows as comfort needs change