

Clinica Family Health Guide for a Healthy Pregnancy

3rd Trimester – 28-40 weeks



My Name: _____

My Baby's Due Date: _____

DANGER SIGNS in the 3rd Trimester

(28-40 weeks)

IF ANY OF THESE SIGNS OCCUR DURING PREGNANCY, CONTACT YOUR PROVIDER OR SOMEONE IN THE CLINIC IMMEDIATELY

Call CFH and ask to speak with a nurse if any of these things happen to you.

(303) 650-4460

1. Any bleeding from the vagina, no matter if it's only a little bit.
2. A strong headache or a headache that does not want to go away.
3. Dimness or blurring vision.
4. A strong pain or cramping in the abdomen (belly) or strong pain and/or in the vagina.
5. Swelling of the face, hands and feet between visits.
6. Chills or fever.
7. Pain, burning, or itching when you urinate, or have intercourse, cramping in the abdomen that does not go away.
8. In the second half of your pregnancy, if the baby (fetus) moves less than you are used to or stops moving.
9. Sudden escape of fluid from the vagina.
10. Anything that seems like a regular contraction (more than 4 contractions in an hour) before 37 weeks.

Pregnancy: Month-to-Month

7th month (Weeks 28-32)

Your Baby

Your baby is 16 inches long and is covered in a fine, soft hair called lanugo (lu-noo-goh).

The brain and nervous system grow quickly and fingerprints are formed. Another person placing an ear on your abdomen might hear your baby's heartbeat. The boys' testicles start to move down into the scrotum. Iron is being stored from now till birth.

Sleeping and waking times are definite, kicking and stretching movements are often noticed, and your baby is sucking its thumb.

Your baby will weigh about 2 ½ to 3 pounds by the end of this month.

Your Body

You may gain weight faster because this begins the baby's greatest growth period.

Your uterus is moving closer to your rib cage, so you may notice kicking against your ribs and you can see your abdomen move as your baby moves.

You may feel awkward, tire more easily, and notice some light-headedness when you get up. Your feet, hands and ankles may swell if it's hot or you've been standing a lot. Your breasts may leak enough to require padding in your bra. You may also notice a loosening in the pelvic bones when you walk.

Your Responsibility

- Get your prenatal checkup this month
- Discuss how close to delivery you want to work
- Start prenatal classes right away if you have put it off
- Tour the labor and delivery section of the hospital you will use
- Think about things you will need the first 6 weeks, like convenience foods, paper plates, disposable diapers, and/or diaper service
- Eat a balanced diet with plenty of iron-rich foods like liver, eggs and

meat

- Drink 6-8 glasses of fluid each day
- Practice daily relaxation and breathing exercises
- Talk about feelings and responsibilities
- Plan special times with your partner
- Take extra time to do things you want to



8th Month (Weeks 32-36)

Your Baby

Your baby weighs about 5 ½ pounds, is about 18 inches long, and gains about 2 pounds this month.

Your baby's eyes are open, its skin is smooth because fat begins to fill out the wrinkles, and the downy hair gradually disappears.

Your baby is active with noticeable patterns of sleep and wakefulness. It may settle into the position for birth and its new body is now mature enough to survive if born early.

Your Body

You may find this month the most uncomfortable:

You may have trouble sitting or lying down for long periods of time, and have trouble breathing when the baby pushes against your lungs (as your uterus is now near the rib cage).

You may need to urinate more often (as the baby's head crowds your bladder).

Your vaginal secretions increase, you may have hemorrhoids, heartburn, and

sweat or tire more easily.

You can also feel parts of the baby through your abdominal wall.

Your Responsibility

- Have a prenatal check up every 2 weeks this month
- Ask for another blood test for anemia
- Eat a balanced diet of small frequent meals
- Drink 6-8 glasses of water each day
- Keep up your walking and stretching exercises
- Practice the exercises and relaxation techniques from your childbirth class
- Review what happens during labor and delivery
- Make financial arrangements with the hospital
- Make arrangements for the baby's care after birth
- Plan for someone to help you at home after the birth
- Discuss names for the baby with your partner



9th Month (Weeks 36-40)

Your Baby

Your baby weighs 6 ½-7 ½ pounds and is about 20 inches long. About one quart of amniotic fluid surrounds it as it grows about 2 ½ inches and gains 2 pounds this month.

Your baby's eye color is dark grey, though this frequently changes after birth. Its fingernails become complete and may grow long. Its systems and organs still grow so it will be ready to breathe and grow on its own after birth.

The baby settles into a head down position and may seem quieter as there is

less space to move. There are still periods of sleep and activity.

Your Body

You are tired of being pregnant and ready for delivery.

Your abdomen is getting bigger and may look lopsided when the baby moves. You may feel pressure low in the pelvis as the baby settles into position for birth and the Braxton-Hicks contractions are more frequent.

You tire easily and often feel drowsy, your sleep may be disturbed, you may need to urinate and move more often, and your hands and feet may swell.

Your Responsibility

- Get a prenatal checkup each week until the baby arrives
- Eat a balanced diet
 - Eat smaller meals more often
- Continue to exercise and practice for childbirth
- Limit out-of-area travel
- Plan for a birth control method
- You may want to consider covering your mattress and your chair with plastic in case your bag of water breaks
- List phone numbers of people to call when labor begins
- Pack your suitcase
 - Put in clothes and other items to use at the hospital as well as clothes for you and your baby to wear home
- Treat yourself and your partner to something special



BABY STEPS

Kick Counts

Starting in the 7th month (28 weeks) you should start doing kick counts. It is exactly what it sounds like. You count how many times your baby kicks in one hour.

How to do Kick Counts*:

- Do Kick Counts after a meal.
Your baby is most active then.
- Sit with your feet up or lie down on your side.
- Check the time you start.
- Put your hands on your belly.
- Count how many times your baby moves.
A “move” is any kick, wiggle, twist, turn, roll or stretch. Do not count baby’s hiccups.
- Count up to 10 moves.
- If your baby moves 10 times in the first hour, you can stop counting.

If your baby doesn’t move 10 times in the first hour, don’t worry.

- Your baby may be sleeping.
- Eat or drink something
- Walk around for 5 minutes
- Then repeat kick counts for another hour

Call the doctor or midwife right away if:

- You do not feel 10 moves in two hours
- You feel a sudden change in your baby’s kicks

Take care of yourself

- Get regular pregnancy checkups.
- Avoid alcohol, tobacco and illegal drugs.
- Ask family or friends for help. Try not to stress out.

**Permission to use granted by the Fetal, Infant Mortality Review (FIMR) Community Action Team, a collaboration of organizations in Alameda County.*



Healthy babies
move many times
during the day.

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.