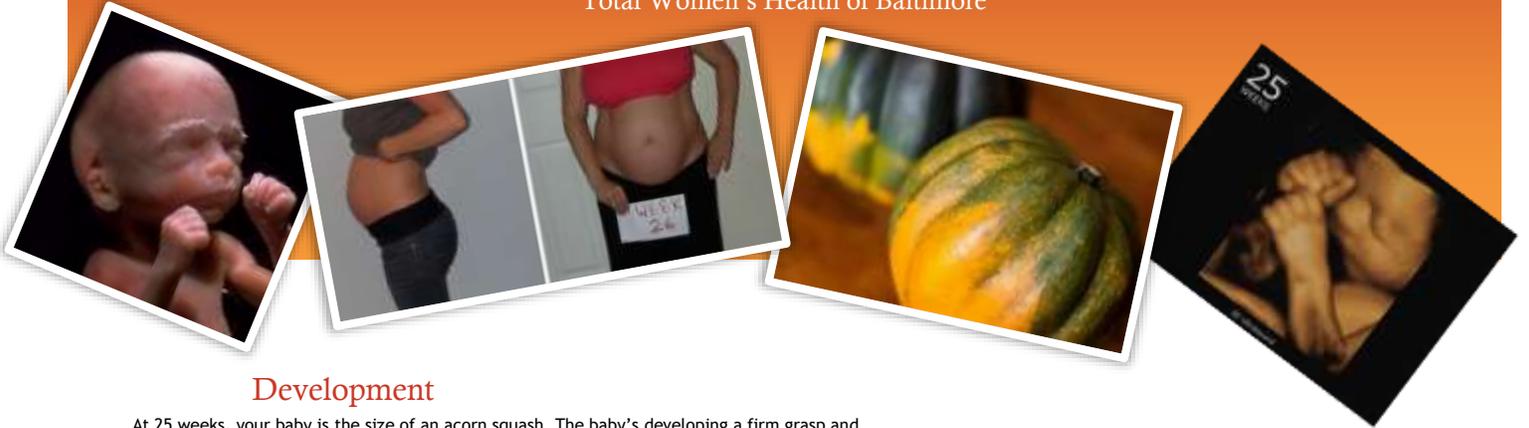


# My 25-26 Week Pregnancy

Total Women's Health of Baltimore



## Development

At 25 weeks, your baby is the size of an acorn squash. The baby's developing a firm grasp and may reach out and grab the umbilical cord. By 26 weeks, she/he will be nearly as long as a zucchini. Her/his eyebrows and eyelashes are well defined. The baby now weighs 1 2/3 pounds and is 14 inches (the length of a scallion) from head to heel. The network of nerves in your baby's ears are better developed and more sensitive than before. He/she is now able to hear both your voice and your partners as you chat with each other. The baby's inhaling and exhaling small amounts of amniotic fluid, which is essential for development of his lungs. If you are having a boy, his testicles are beginning to descend into the scrotum. This trip will take about 2-3 months. By the end of week 26, the baby will measure approximately 14 inches and weight over 1.7 pounds. The tiny feet are just 2 inches (5 cm) long. Thumb sucking calms the baby and strengthens the cheek and jaw muscles. The end of week 26 marks the sixth month, which is the last month of the second trimester.

## My Body & My Symptoms

You haven't met your baby yet, but he or she is taking over your life! Interfering with your sleep, messing with your memory, and giving you a stress headache or two. Um, he or she will be doing all these things after birth, too! Trouble sleeping, headaches, pregnancy brain and Braxton Hicks contractions are all normal. Yes, your body has been taken over by an alien! It's common for weight to jump around and fluctuate. One week you may not have gained any weight, then suddenly in one week you've gained 3 lbs. Realistically, gaining the exact same amount of weight each week just isn't going to happen. You've probably gained about 16-22 pounds by now if your pre-pregnancy weight was normal. Your belly will be growing about a half inch a week for the rest of the pregnancy and at 26 weeks, the top of the uterus is about 2-3 inches above your belly button. The placenta produces a hormone called human placental lactogen which allows build-up of glucose in your blood. This enables you to feed your baby through the placenta. Usually your pancreas can make enough insulin to handle that. If not, your sugar levels will rise and can cause gestational diabetes. Because of the increase in insulin levels, which lowers blood sugar levels, going long hours without eating or drinking will result in dizziness and possibly syncope (you done fell out!) from hypoglycemia. So, it is even more important to eat small frequent, healthy meals. Also, the blood vessels have relaxed to accommodate the almost doubling of your blood supply. This results in a decrease in blood pressure. Blood pressure falls toward the end of the first trimester, and it tends to reach a low at about 22-24 weeks. Long periods without hydration or food can also result in hypotension and again, you done fell out! It's important to eat during pregnancy.

## Things To Consider

Headaches are often due to hormone fluctuations or stress. Hunger and dehydration can also cause headaches so it is important to drink plenty of water and to continue to eat small, frequent and healthy meals low in salt. Processed and salty food can exacerbate symptoms. Try fresh fruits, vegetables and complex carbohydrates. Stay away from the Kool-Aid! If you notice your belly occasionally tightening, yep, those are Braxton-Hicks contractions. Don't freak out- your muscles are flexing to practice for labor. If the contractions start to become more painful and closer together, this may be a sign of preterm labor. Take a nice warm bath, drink plenty of water and eat a meal. If the contractions do not go away, call Dr. Oliver. If you're having backaches, a warm bath or hot or cold compresses might bring relief. Try to keep good posture. You've probably got a couple of weeks before your next ultrasound and your itching to know what is going on! Be patient. We do certain tests along the way to ensure that you and the baby are doing well. Between 24 and 28 weeks is when you'll drink the "sweat drink" to check for diabetes in pregnancy.



Add your baby's 25-26 week U/S photo here



### My To-Do List

- Tour your maternity ward
- Pre-register with the hospital
- Find a birth doula, if desired
- Communicate with your baby
- Spend time with your partner
- Jet off for a final trip
- Start helping your baby shower planner with ideas
- Take a yoga class

Date of Visit:

Weight:

## Memories & Milestones

*The first time I felt baby's hiccups:*

*The foods I've been craving:*

*The foods that give me heartburn:*

*How I'm feeling about my body changing :*