

My 27-30 Week Pregnancy

Total Women's Health of Baltimore



Development

Right around 27 weeks, your little one will open his/her eyes (they've been closed up till now). Eye lashes also start to appear around this time. After 28 weeks which marks the beginning of the third trimester, the baby's main job is to bulk up. At the start of the third trimester the average baby weighs about 2 ½ pounds and measures 12-16 inches. Your baby will have blossomed from the size of a small head of cauliflower to a big old coconut between 27 to 30 weeks. With the big job of organ and nerve development just about wrapped up, your baby will gain weight, mostly in the form of body fat- very quickly now. The fat will fill out most of the wrinkles in his/her skin and supply him/her with insulation and energy. Your baby has a big head! The brain is also growing quickly now that his/her soft, flexible skull bones are being pushed outward. Once relatively smooth, the brain is looking more wrinkled as interconnections between individual nerves and brain wave patterns start to form. At 29 weeks the muscles have grown rapidly and the baby is at the peak of its movement. Later in the third trimester, space starts to get cramped and, in turn, fetal acrobatics decrease. By 30 weeks the baby likely tops 3 pounds and measures up to 17 inches in length. The lanugo, the downy hair that has covered most of his/her body during the past weeks, begins to disappear at this point. When born, the baby may still have a few fuzzy patches, usually on the back and shoulders. These remnants will disappear within a few weeks of birth. The hair on the head is thickening and is often a temporary topping that sheds about a month after birth, being replaced down the road by more permanent hair.

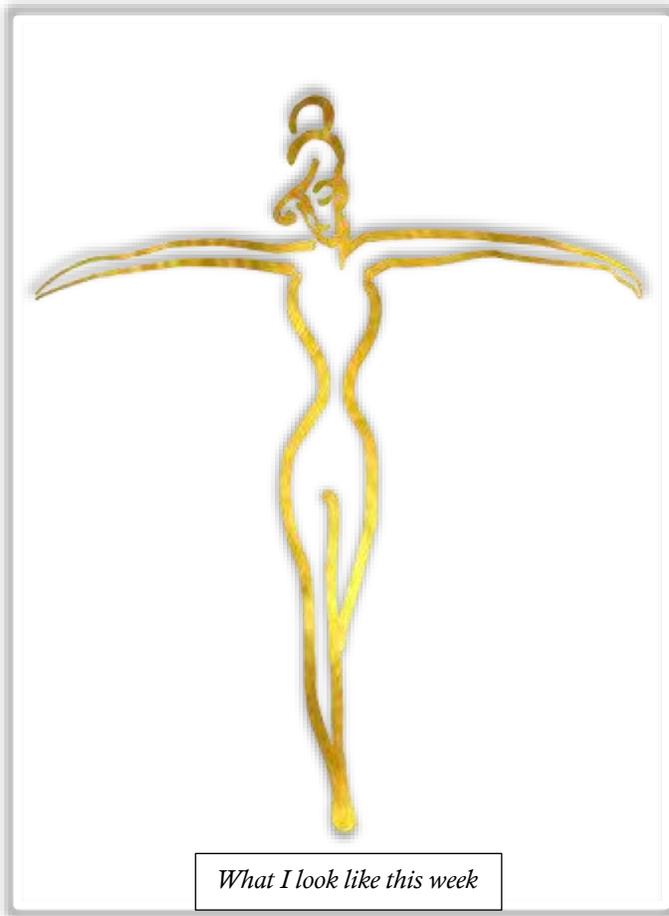
My Body & My Symptoms

Welcome to the beginning of a new phase of symptoms. Ankles, fingers and face swelling, more vaginal discharge, shortness of breath, difficulty sleeping and pelvic pressure all accompany the third trimester. More frequent urination occurs as the bladder battles (and loses the battle) for more room. The mighty uterus encroaches on everything! Varicose veins may start to pop-up as venous blood flow is decreased due to compression of pelvic vessels by the uterus. Some women develop varicose veins in the vulva, as well. The hormone relaxin continues to relax and loosen the ligaments and joints in preparation for the birth process. But this same process can cause ligaments that support the spine to loosen, leading to instability and back pain. If you are working, you may be feeling as if you are dragging the chain. It's getting hard to focus on other people's agendas even if they're paying you to be interested.

Things To Consider

Manage heartburn by eating 4-5 small meals each day instead of large meals. Avoid spicy and greasy foods. Manage swelling by lying down and putting your feet up. Excessive weight gain can exacerbate back pain. Moderate exercise can help you stay fit and feel better during pregnancy. Talk to Dr. Oliver about back pain symptoms. You may need a good maternity belt to help support your back if the pain is unbearable. Not sleeping at night? Very little can be done about the insomnia that accompanies the discomfort of the third trimester. Try to keep a regular pre-bed-time routine, avoid caffeine in the afternoons, aim for quiet time before winding down for bed and of course, sleep in a comfortable bed with a firm mattress. Declutter your bedroom. It needs to be restful and serene. Supportive underwear with Lycra (TED hose) can help with varicose veins. If work is becoming a drag, ask your employer about the option of working at home. Unless you have a medical problem, now may not be the time to take excessive time off. You'll need that leave for when the baby comes. Maternity leave is fleeting! When the time comes to leave the baby, trust me, you won't want to go back to work!





My To-Do List

- Choose a color for the nursery
- Research cord blood banking
- Find a birth doula, if desired
- Babyproof your house
- Eat a high fiber diet to prevent constipation and hemorrhoids
- Try exercises designed to prepare your body for D-day.

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 :