

My 31-35 Week Pregnancy

Total Women's Health of Baltimore



Development

From 31 to 35 weeks, your baby goes from the size of a coconut to that of a honeydew melon! Your baby's iris color begins to appear around the 31st week. Most babies are born with dark bluish brown or bluish gray eyes, but this shade almost always changes after birth. True eye color won't be apparent for 6 to 9 months. Final formation of eye pigmentation happens in response to exposure to the strong light of the outside world. In the meantime, pupils start to dilate in response to the soft pinkish red light that filters into the uterus. Eyes are usually open during alert times and closed during what we believe is sleep. At about 7 months in the womb, the infant spends most of its time in what appears to be sleep from eye movement studies. Directly measuring brain activity of a human fetus in the womb is impossible. Around the 7th month of a fetus' development rapid REM and non-REM eye movements that suggest sleep and wake cycles occur every 20-40 minutes. Although baby is getting its oxygen from the placenta, it continues to practice taking deep breaths intermittently. The lungs are taking in amniotic fluid which encourages the lung cells to produce more surfactant, the protein that is essential for healthy lung development. Your baby is starting to have less elbow room and fetal movements start to slow down. By 35 weeks, the average baby weighs approximately 5 lbs and is about 16-19 inches in length. Still not considered "full term", the tiny details of the fetus are complete.

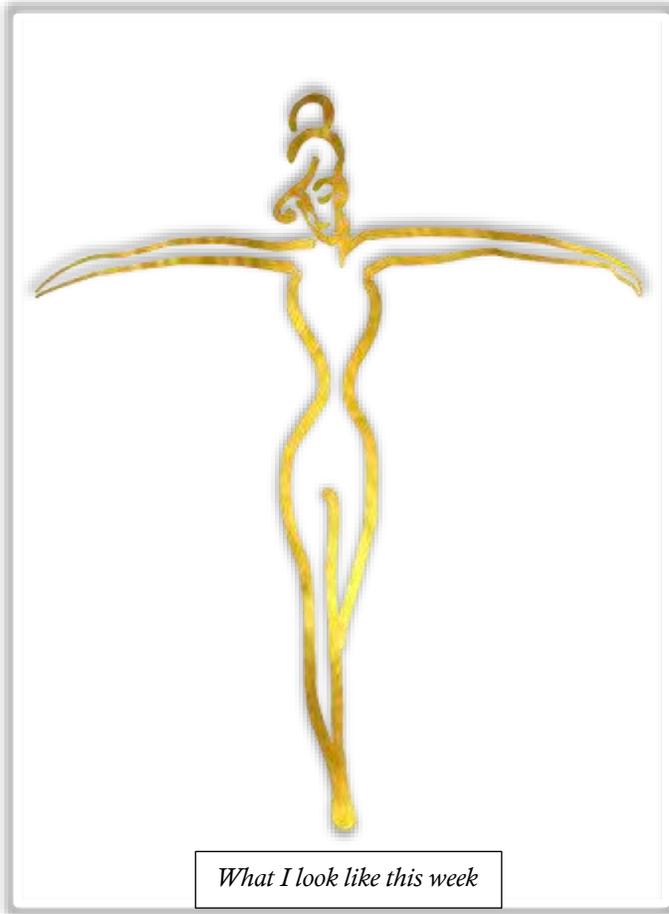
My Body & My Symptoms

Swelling may start or worsen if you already have it and you may continue to get backaches and leg cramps. The Braxton-Hicks contractions are becoming more painful and frequent. You may start to notice more colostrum leaking from your breasts. It is a prelude to breast milk production. 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.

Things To Consider

At this point, your baby is probably already head down. If you're concerned that your baby is not moving enough as fetal movement starts to slow down during this stage, get away from distractions that might prevent you from paying attention to the baby's movements. Try lying down and feeling for kicks. You should feel at least 5 kicks in a one hour period. You also may be concerned because you may be carrying differently from others at this stage of your pregnancy. Even if you've been pregnant before, every pregnancy is different. Whether you are carrying higher or lower, bigger or smaller, wider or more compact depends on the size and position of the baby, your body type and how much weight you've gained this pregnancy.





My To-Do List

- Start researching breast pumps if you plan to breastfeed
- Drink plenty of fluids
- Keep having sex- it helps!
- Have your partner give you back rubs and foot massages
- Continue weekly date nights with your partner
- Start making childcare arrangements for when you return to work after maternity leave

Date of Visit:

Weight:

Memories & Milestones

How I'm feeling these days:

My clumsiest pregnancy moment:

A recent dream:

What I'll miss most about being pregnant: