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Excellence in Women's Healthcare **Your Baby and Your Body During Pregnancy**

21-25 Weeks

- **Baby:** Your baby measures about 7.2 inches from crown to rump and weighs about 10.5 ounces. The fetus is steadily gaining fat to keep warm. Growth rate is slowing down but organ systems, like digestion, are continuing to mature. A waxy film, called the vernix caseosa, is being produced by your baby's oil glands and covers the skin to keep it supple in the amniotic fluid. Buds for permanent teeth are beginning to form.
- **Mom to be:** Your uterus is continuing to grow, but you're probably feeling pretty good –no more morning sickness, and your abdomen isn't so large that it's getting in the way very much. You may still be getting leg and foot cramps, as well as mild swelling of ankles and feet.
- **Tips for the week:** To reduce cramping, increase your intake of calcium and potassium. Have a glass of milk before bed time or snack on potassium-rich foods, such as grapefruits, oranges and bananas. If you do get a leg cramp, try forcing your toes back toward your face and pushing down on the knee to straighten your leg.
- **Your baby:** Your baby will begin to move a lot. You will feel the baby's arms and legs move. There will be active times and quiet times.
 - ❖ Skin is protected by a white cheesy secretion (vernix caseosa) as the baby moves in the amniotic fluid. The skin is wrinkled and red and is filling out with fat.
 - ❖ Eyelids are still closed.
 - ❖ Fingernails are growing.
 - ❖ Your doctor will be able to detect a heartbeat.
 - ❖ Baby will be about 12 inches long and weigh about ½ lbs.

➤ **Your Body:**

- ❖ You will gain about $\frac{3}{4}$ lb a week or a total of 3 to 4 lbs.
- ❖ Your breasts grow larger and softer, and the veins start to show.
- ❖ A clear white fluid, called colostrum, may leak from your breasts.
- ❖ You can feel the uterus at the navel or just above it.
- ❖ Constipation may be a problem until the end of your pregnancy.
- ❖ Your hair may feel thicker and oilier.