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

26-30 Weeks

- **Baby:** Your baby measures about 9.2 inches from crown to rump and weighs almost 2 pounds now. Its hearing is fully developed. As the fetus reacts to sounds, its pulse increases. Your baby will even move in rhythm to music. Lungs are still growing but are not yet mature. Patterns of your baby's brain waves appear like a full-term newborn. It also has patterns of sleeping and waking. At 27 weeks your baby measure about 9.6 inches form crown to rump and weighs a little more than 2 pounds. Hands are active and muscle coordination is such that he can get his thumb into this mouth. Thumb-sucking calms the baby and strength his cheek and jaw muscles. Your baby can cry now.
- **Mom to be:** The baby's constant movements should be reassuring. You'll be putting on weight at the rate of about 1 pound per week now. You may be feeling some rib pain as your baby grows and pushes upward on your rib cage. The pressure may also be causing indigestion and heartburn. You may even be feeling stitch-like pains down the sides of your abdomen as your uterine muscle stretches. You may see stretch marks as your uterus continues to expand. Most women have gained about 16 to 22 pounds by know. Balance and mobility also may be changing as you grow larger.
- **Tips for the week:** During your last trimester you should talk to your doctor or midwife about the delivery. You'll learn such things as signs to predict labor and how far apart the contractions should be before going to the hospital or birth center. It's also the time to begin interviewing pediatricians and to take care of other logistics, like pre-registration and a birthing plan (what you envision your labor and delivery will be like). This plan should be written in your patient record or attached to it n the form of a birth plan.
- **Your baby:** Your baby measures about 17 inches from head to toe and weighs about 3 pounds at 30 weeks.

- ❖ Baby is growing plumper and beginning to control its own body temperature.
- ❖ Eyebrows and eyelashes are fully developed, and hair on the head is getting thicker.
- ❖ Head and body are now proportioned like a newborn's.
- ❖ Hands are now fully formed and fingernails are growing.

➤ **Your Body:**

- ❖ At the end of the seventh month, fat begins to be deposited on your baby.
- ❖ Your baby is about 14 inches long and weighs from 2 to 4 pounds.
- ❖ Your baby's hearing is fully developed and he or she changes position frequently and responds to stimuli, including sounds, pain and light.