



*Linda Sewell M.D.*

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

### **35-40 Weeks**

- **Baby:** Your baby measures about 20.25 inches from head to toe and weighs more than 5.5 pounds. Lungs are almost fully developed, but if born now the baby would probably be put in an incubator. It still doesn't have enough fat deposits beneath its skin to keep warm outside your womb. By the end of 39 weeks your baby is about 21.5 inches long from head to toe and weighs about 7.5 pounds. Boys often tend to weigh a little more than girls. Reflexes are coordinated so the baby can blink, close his eyes, turn his head, grasp firmly and respond to sounds, light and touch. More lanugo falls out, but some may remain at birth on shoulders, folds of skin and backs of ears.
- **Mom to be:** At 35 weeks of pregnancy your uterus is about six inches above your navel. By now your weight gain is probably between 24-29 pounds. Your doctor will test you for Group B streptococcus bacteria between now and 37 weeks. You may be getting more uncomfortable and not sleeping very well. You also may be getting more anxious about the labor and delivery, and you may even be moodier and more irritable. You may be experiencing increased backache and heaviness, constipation, heartburn, and discomfort in your buttocks and pelvis.
- **Tips for the week:** Be sure you've collected the necessary baby clothes, equipment—especially—and furniture to get you through the first few weeks, at least. Just in case you deliver early, consider packing two bags for the hospital. Pack one bag for you, with warm socks, a robe, lip balm and everything you'll want during labor. Pack the other bag with the newborn items you'll want after your baby is born.
- **Your baby:** The eye color is dark grey. This may change after birth.
  - ❖ The fingernails become complete and may grow long.
  - ❖ The baby settles into a head-down position. The baby may seem quieter because there is less space to move.

- ❖ There are periods of sleep and activity.
- ❖ The baby's organs are maturing so the baby will be ready to breathe and grow on his or her own after birth.
- ❖ About 1 quart of amniotic fluid surrounds you baby.
- ❖ Baby grows about 2 ½ inches. (to 20 inches long) and weighs 6 ½ -7 ½ pounds.

➤ **Your Body:**

- ❖ You may be tired of being pregnant and ready for delivery. You tire easily and often feel drowsy.
- ❖ Your abdomen is getting bigger. It may look lopsided when the baby moves. Your uterus lowers as the baby drops toward the birth canal. This is called "lightening."
- ❖ Your hands and feet may swell.
- ❖ You may feel pressure low in your pelvis as the baby settles into position for birth.
- ❖ Braxton Hicks contractions are more frequent. If you have four or more contractions in 1 hour, call your health care provider.
- ❖ Your sleep may be disturbed as you may need to move and urinate more often.