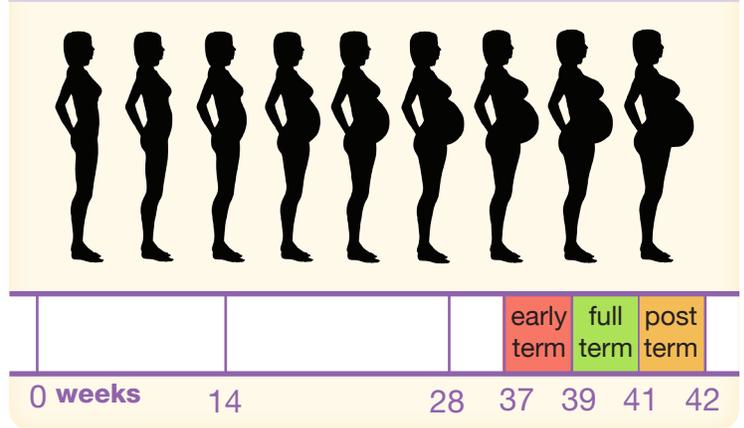


## 3<sup>rd</sup> Trimester

- Your baby gains body fat, his lungs mature, and his brain is wired for thinking.
- You may experience a wide range of emotions and fears. Be sure to communicate your feelings with your partner, friends, and healthcare provider.
- Your baby needs more nutrients to help her brain and bones develop, so have lots of healthy foods on hand. Foods such as carrots, hard boiled eggs, cheese sticks, and fruit are easy to grab and go.
- Since your baby is still developing, it's important to continue avoiding hazards, such as alcohol, smoking, illegal drugs, and marijuana.
- Exercising has many benefits: it can relieve pregnancy discomforts and increase your chances for an easier labor and postpartum recovery. Try swimming, yoga, and walking.

## Pregnancy Timeline

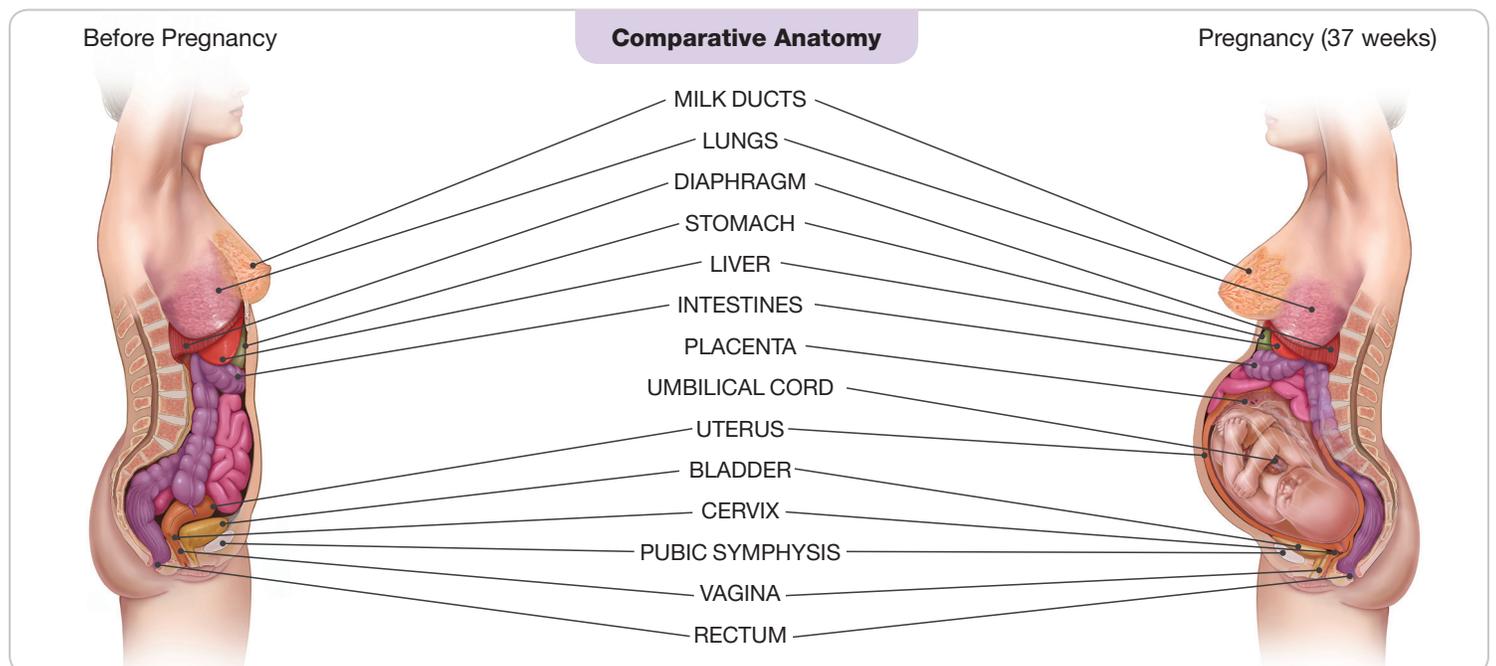


## Discomforts:

- Upset stomach
- Backaches
- Leg cramps
- Swelling
- Itching abdomen
- Shortness of breath

Ask your healthcare provider about ways to ease any discomforts you are feeling.

## Anatomy of Pregnancy





## Quiz

### 1. When is your baby considered full-term?

- A. At 39 weeks
- B. At 37 weeks
- C. At 35 weeks
- D. None of the above

### 2. What are the risks for early-term babies?

- A. No risk at all
- B. Being overweight
- C. Greater risk for breathing, feeding, and other medical problems
- D. None of the above

### 3. What can you do to reduce your risk of preterm labor?

- A. Wash hands often to avoid infection
- B. Reduce stress in your life
- C. Practice good dental hygiene
- D. All of the above

### 4. What carries blood to the baby?

- A. Uterus
- B. Cervix
- C. Umbilical cord
- D. Amniotic sac

### 5. When should you call your healthcare provider?

- A. You feel your baby moving less
- B. You have more than four contractions in one hour before the end of 37 weeks
- C. You are leaking fluid or having vaginal bleeding
- D. All of the above

## Call Your Healthcare Provider

### General Pregnancy Warning Signs

- Vaginal bleeding
- Fever above 100.4°F (37.7°C)
- Pain or burning with urination
- Sudden swelling in your face or hands
- Vision problems or headaches
- Vomiting or diarrhea lasting 24 hours or more
- Major change in your baby's movement
- Sudden pain in your belly

### Signs of Preterm Labor

(Before 37 Weeks)

- Change or increase in vaginal discharge (watery, mucus-like, or bloody)
- Pelvic or lower belly pressure
- Dull ache that is constant or repetitive in your lower back, pelvic area, lower belly, or upper thighs
- Mild belly cramps (with or without diarrhea)
- Your water breaks in a trickle or a gush
- Regular or frequent contractions that occur four or more times in one hour (these may not hurt or just feel like tightening)

*Note: If you have contractions, empty your bladder, lie down on your left side for an hour, drink 2-3 glasses of water, and time the contractions. If they don't go away or if the pain is persistent and severe, call your healthcare provider.*