



The 7th Month

Weeks 28 to 32

Your Baby

- Your baby now measures about 16 inches long and will weigh a little over 2½ to 3 pounds by the end of the month
- Its body is now covered with fine, soft hair called “lanugo”
- Its fingerprints are set
- It will have definite periods of sleeping and waking
- It moves frequently with noticeable kicking and stretching
- It practices thumb sucking
- Its brain and nervous systems now mature rapidly
- It starts to store iron and will continue until it is born
- If a boy, its testicles will start to descend into the scrotum

Your Body

- Your uterus is now moving up closer to your rib cage; you may be conscious of kicking against your ribs
- You can watch your belly move as your baby moves
- Another person may be able to hear the heartbeat by placing an ear on your belly
- Your breasts may leak enough to need to wear a bra pad
- You may notice some swelling of your feet, ankles and hands by the end of the day – especially if it has been hot or you have been on your feet a lot during the day
- Your weight may tend to increase faster than you expect; this begins the period of greatest growth for your baby
- You may begin to tire more easily these days
- You may begin to feel a bit more awkward in moving about; you may also notice a bit of light-headedness as you get up from a lying down position
- You may begin to be aware of a loosening in the pelvic bones when you walk

Your Responsibilities

- Get your prenatal check-ups this month
- It is late to be starting prenatal classes so you need to hurry if you have put it off
- Eat a balanced diet with plenty of protein and iron rich foods like liver, eggs, and meat
- Continue to drink 80 ounces of fluids daily
- Practice relaxation and breathing exercises each day
- Tour the labor and delivery section of the hospital you plan to use for delivery
- Make a decision about what you would like to do with your baby’s cord blood
- Start thinking about items you will need the first six weeks at home – convenience foods, paper dishes, lots of diapers
- Plan some special times with your partner
- Take some extra time for yourself to do things you want to do
- Continue to talk about your feelings, being pregnant and the responsibilities that face both you and your partner
- If you are working, discuss with your doctor or midwife how close to delivery you will want to work