



The 8th Month

Weeks 32 to 36

Your Baby

- Your baby gains about 2 pounds this month; by the end of the month it will weigh about 5 ½ pounds and will be about 18 inches long
- All body systems and organs are now mature enough by the end of this month that your baby should be all right if it should be born early but still needs that extra time of growing in your uterus
- Its skin is smooth as fat begins to fill out the wrinkles
- Its eyes are open
- The soft downy hair gradually disappears
- It is still active with noticeable patterns of sleep and wakefulness
- It may settle down into the position for birth

Your Body

- The top of your uterus is now up near your rib cage
- You may have trouble breathing when the baby pushes up against your lungs
- Your heartburn may increase
- You may have trouble sitting or lying comfortably for long periods of time
- You may have trouble with hemorrhoids
- You can feel the parts of the baby through you belly
- You begin to tire easily
- You may find this month your most uncomfortable one physically
- Your vaginal secretions increase
- You may sweat more easily
- You may need to urinate frequently day and night as the baby's head crowds your bladder

Your Responsibilities

- Plan to get prenatal check-ups this month
- Eat a balanced diet of small, frequent meals
- Drink 80 ounces of water/fluids daily
- Continue your exercise program of walking and stretching
- Practice exercises learned in your childbirth class
- Make financial arrangements with the hospital
- Begin to make plans for someone to help you around the house after the birth
- Make arrangements with a pediatrician, family doctor, or clinic for baby's health care after birth
- Practice relaxation techniques during early painless (or slightly uncomfortable) contractions (normal for these to increase to as many as 4 to 5 per hour now)
- Discuss names for the baby with your partner
- Make sure you have a car seat and know how to install it properly
- Finalize any plans for child care for when/if you return to work after baby
- Find out your group B strep status from your doctor or midwife