



Fifth Month

Weeks Twenty to Twenty-Four

YOUR BABY

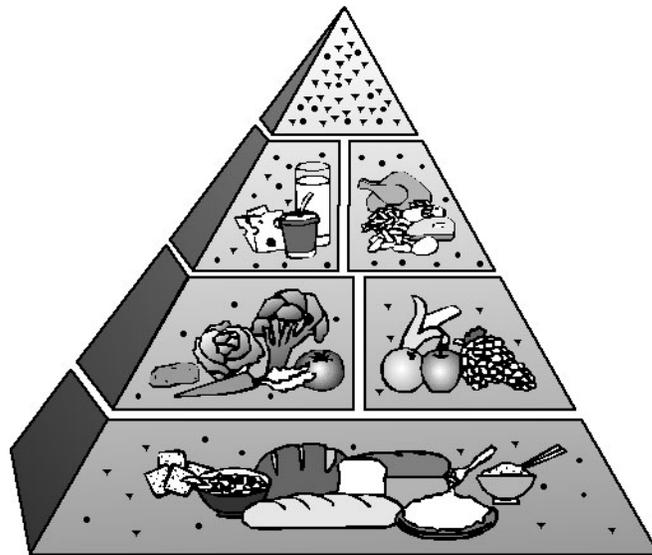
- ♥ Your baby will be about 12 inches long and will weigh about 1½ pounds by the end of this month.
- ♥ You will feel your baby become more active, turning from side to side and sometimes head over heels.
 - You will feel its arms and legs move.
 - There will be active times and quiet times. The baby sleeps and wakes at regular intervals.
- ♥ The skin is protected by a white, cheesy secretion as the baby moves in the amniotic fluid.
 - The skin is wrinkled and red.
 - The skin is filling out with fat.
- ♥ The eyelids are still closed.
- ♥ The fingernails are growing.
- ♥ The heartbeat is easy to hear with a special stethoscope.

YOUR BODY

- ♥ You feel good most of the time.
 - People tell you that you look good.
 - You have the "bloom of pregnancy."
- ♥ You will gain about ¾ pound a week.
 - About 3 to 4 pounds a month.
- ♥ Your breasts grow larger, softer and the veins start to show.
 - Colostrum [Kuh-LOSS-trum] may leak from your breasts.
- ♥ You can feel the uterus at the navel or just above.
- ♥ Your heart may beat faster.
- ♥ Constipation may be a problem until the end of your pregnancy.
- ♥ Your hair may feel thicker and more oily.
- ♥ You may get leg cramps, especially at night, if you're not getting enough calcium.
- ♥ Sometimes you may find it hard to cope. This can happen almost anytime during pregnancy. It is important to share your feelings with someone close to you.

YOUR RESPONSIBILITY

- ♥ Continue your prenatal checkups as scheduled with your doctor.
- ♥ Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- ♥ Drink six to eight glasses of water, juice and/or milk each day.
- ♥ Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- ♥ Take your prenatal vitamins and iron.
- ♥ Buy well-fitting support bras.
- ♥ Find a class for expectant couples.
 - Learn how to breathe and how to relax.
 - It will help you during labor.
- ♥ Walk and do Kegel and pelvic rock exercises every day.
- ♥ Take time for a rest period every day.
 - Lying on your left side may be more comfortable.
- ♥ Discuss your concerns about parenting with your partner.
- ♥ Share your good and bad feelings about having the baby with friends and family.
- ♥ Know the importance of wearing non-restrictive clothing.
- ♥ Use seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.



Adapted From *Nine Months to Get Ready... You Can Make a Difference*, the Arizona Department of Health Services.