



# Seventh Month

Weeks Twenty-Eight to Thirty-Two

## ***YOUR BABY***

- ♥ Your baby will weigh about 2½ to 3 pounds by the end of this month and will be about 16 inches long.
  - A fine, soft hair called lanugo [lu-NOO-goh] covers the baby.
  - The brain and nervous system grow quickly.
  - Your baby's heartbeat might be heard by another person placing an ear on your abdomen.
  - The eyes can now open, close and blink.
  - The fingerprints are formed.
  - The testicles of boys start to move down into the scrotum.
  - Sleeping and waking times are definite.
  - Kicking and stretching movements are often noticed.
  - Your baby is sucking its thumb.
  - Iron is being stored from now until birth.

## ***YOUR BODY***

- ♥ You may gain weight faster because the baby's greatest growth period has begun.
- ♥ Your uterus is moving closer to your rib cage.
  - You may notice kicking against your ribs.
  - You can see your abdomen move as your baby moves.
- ♥ You may feel awkward and tire more easily.
  - You may notice some light-headedness when you get up.
  - Your feet, hands and ankles may swell if it's hot or you've been standing a lot.
- ♥ Your breasts may leak enough to require absorbent padding in your bra.
- ♥ You may notice a loosening in the pelvic bones when you walk.
- ♥ You may feel false labor contractions also called Braxton-Hicks Contractions. This is normal, but call your health care provider if you have more than five contractions in an hour.

## ***YOUR RESPONSIBILITY***

- ♥ Get your prenatal checkup with your doctor this month.
    - Discuss how close to delivery you want to stop working.
  - ♥ Start prenatal classes right away if you have put it off.
    - Tour the labor and delivery sections of the hospital you will use.
    - Think about things you will need the first six weeks, like convenience foods, paper plates, disposable diapers and/or diaper services.
  - ♥ 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.
  - ♥ Practice daily relaxation, breathing exercises and get plenty of rest.
  - ♥ Talk about feeling and responsibilities with your partner.
  - ♥ Plan special times with your partner.
  - ♥ Take extra time to do things you want to do.
  - ♥ Communicate to your baby each day by talking or singing. Your baby can hear and recognize your voice at birth.
  - ♥ 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.