



## ***Your birth, your way!*** ***16 - 20 weeks***

*In the next few weeks, you will start to feel your baby kick and move. At first, these small movements feel like fluttering or “butterflies”. Or they may feel like gas bubbles. As your baby grows, these movements will become stronger. You may also notice that your baby hiccups. Babies at this stage can now suck their thumbs!*

*Most women report feeling well during this time of their pregnancy. The nausea should be resolved, and your energy may be improving. Headaches are common. If you do experience a headache, try taking 2 extra strength Tylenol at the onset of your headache, along with a small amount of caffeine (a glass of Coke or coffee) and a nap, if possible.*

### **Ease sleep problems**

- Avoid caffeine late in the day
- Get exercise every day
- Take a warm shower or bath before bed
- Have a light snack at bedtime
- Do relaxation exercises in bed to calm your mind and body
- Support your legs and back with extra pillows. Try a pillow between your legs

### **Ease leg cramps**

- Do not massage your calf during the cramp. Sit on edge of bed or a chair. Straighten your leg and bend your foot (flex your ankle) slowly upward. Bend your toes up and down.
- Stand on a cool, flat surface and stretch your toes upward. Take small steps walking on your heels.
- You can use a heating pad to help with the muscle aches.

*Gestational age:* \_\_\_\_\_

*Today's weight:* \_\_\_\_\_

*Total weight gain:* \_\_\_\_\_

*Next appointment:* \_\_\_\_\_