



## ***Your birth, your way!***

*24-28 weeks*

As your abdomen continues to grow you will learn to be creative when it comes to comfort. Good supportive shoes are very important. You may also find that using a pillow between your knees and elbows when you go to sleep will help maintain proper body alignment and help make sleeping easier.

Your baby's lungs are growing stronger and getting ready to breathe. You may notice that your baby responds to the sound of your voice. You may also notice that your baby does less turning and twisting, and more squirming, kicking, or jerking. Hiccups are normal.

Things to do:

- Pre-register at the hospital. We will give you information on how to do this.
- Sign up for childbirth classes, consider breastfeeding classes, or take a tour
- Select a pediatrician for the baby. Confirm that they take your insurance and are taking new patients
- Order a breast pump – contact your insurance and ask what steps you need to take. You can also go to [BreastPumpDepot.com](http://BreastPumpDepot.com) and they will help you with the process

Ease or reduce swelling in your feet, ankles, hands, and fingers

- If your fingers are puffy, take off your rings
- Avoid high-salt foods, such as potato chips
- Prop your feet up on a stool or couch as much as possible. Sleep with pillows under your feet.
- Wear support stockings and avoid tight shoes.

*Now is the perfect time for 4D sonograms.* 4D sonograms provide a unique opportunity to see your baby prior to birth. These sonograms give you details that normal sonograms can't. Ask about our packages and rates at the checkout desk.

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

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

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

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