



Your birth, your way!

30 - 32 weeks

You are 10 weeks or less away from your delivery date! You have made it to the final months of your pregnancy! By now your baby is starting to look like a baby, with hair and plump skin. The reality of having a baby may start to set in. This is a good time to set up a safe nursery and find childcare, if needed. Doing this stuff ahead of time will allow you to focus on caring for and enjoying your new baby! If you haven't already done so, you also want to pre-register, pick a pediatrician, and sign-up for childbirth classes.

Be sure to take good care of yourself. Pay attention to what your body needs, eat well, and get adequate rest.

You should feel your baby move several times every day. Your baby sleeps 20-45 minutes at a time and is typically more active at certain times of day. Fetal kick count:

- Empty your bladder and lie on your side or relax in a comfortable chair
- Take note of your start time
- Focus on your baby's movements and count any movement except hiccups
- After you have counted 10 movements, note your stop time. Note how many minutes it took for your baby to move 10 times.
- If an hour goes by and you have not recorded 10 movements, have something to eat or drink and count for another hour. If you still don't feel 10 movements, call your provider.

Ease heartburn:

- Eat small, frequent meals
- Do not eat chocolate, peppermint, or very spicy foods if you are having heartburn. Also avoid drinks with caffeine
- Avoid lying down or bending over after meals
- Take a short walk after you eat
- If recurrent problem at night, try to avoid eating for 2 hours before bed
- You can take Tums or Pepcid.

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____