



## *Your birth, your way!*

### *38 weeks*



Believe it or not, your baby is almost here. You may have ideas about your baby's personality because of how much they move.

Try to relax as much as possible as you are getting closer to your delivery date. Since you never know when labor will start, try not to get overly exhausted. If you are having a repeat C/S this will be your last prenatal visit. Remember that you may not have anything to eat or drink after midnight prior to your surgery. Make sure you have a delivery plan.

- Consider how far away your support person is if they are at work when labor starts. Make sure you call them in plenty of time (leave extra time for traffic) to be able to come pick you up. It is better not to drive yourself to the hospital if possible.
- If you have older children, have a plan (and a backup plan) for who will care for them during both the day and nighttime.
- Print out their activity schedule in case an older child is at a scheduled event or practice and needs to be picked up while you are at the hospital.

#### Postpartum depression:

- “Baby blues” are common for the first 1-2 weeks after birth. You may cry or feel sad or irritable for no reason.
- Sometimes these feelings last longer and are more intense. This is called postpartum depression.
- If your symptoms last for more than a few weeks or you feel very depressed, ask for help. If you have thoughts of self-harm or hurting your baby, call us right away. Have someone come over to be with you and your baby. Postpartum depression can be treated and helped.

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

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

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

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