



# Sixth Month

**Weeks Twenty-Four to Twenty-Eight**

## ***YOUR BABY***

- ♥ Your baby is growing more rapidly and will be about 15 inches long and weigh about 2½ pounds by the end of this month.
- ♥ Your baby is big enough to be felt when your abdomen is examined.
  - The skin is still wrinkled, red and covered with fine, soft hair.
  - The finger prints and toe prints are forming.
  - The eyes are almost developed.
  - The eyelids can open and close.
- ♥ Your baby can kick, cry and hiccup.
  - Noises from the outside may cause the baby to move or become quiet.



## ***YOUR BODY***

- ♥ You continue to gain about 3 to 4 pounds a month.
  - You may develop stretch marks on your stomach, hips and breasts.

- ♥ You may feel the fetus kicking strongly now.
- ♥ The uterus may be felt above the navel.
  - Tightening and relaxing muscles in your uterus (Braxton-Hicks contractions) are preparing you for labor.
- ♥ Your back may hurt. Wear low-heeled shoes or flats. Exercise can help to prevent backaches. Don't stand for long periods of time.
- ♥ Your appetite is good.
  - Nausea is rare, though heartburn may follow heavy, greasy or spicy meals.
- ♥ You look healthy.
  - Your skin has a special glow and your eyes sparkle.
- ♥ Your sex drive may increase or decrease and change from week to week.
- ♥ You feel more involved with the baby growing inside you.
- ♥ You may think about things that can go wrong with your baby.
  - Most women do at some time in pregnancy.

## ***YOUR RESPONSIBILITY***

- ♥ Continue your prenatal checkups with your doctor as scheduled even if you feel great.
- ♥ 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.
- ♥ Take needed rests lying on your left side.
- ♥ You may be constipated. Continue exercise, drink plenty of fluids and eat fruits and vegetables.
- ♥ Talk about childbirth experiences with other parents.
  - If you have concerns, write down questions to ask your doctor or clinic.
- ♥ Buy well-fitting support bras.
- ♥ Find a class for expectant couples.
  - Learning how to breathe and relax will help you during labor.
- ♥ Walk and do Kegel and pelvic rock exercises every day.
- ♥ Take time for a rest period every day.
  - Lying on your left side may be more comfortable.
- ♥ Discuss your concerns about parenting with your partner.
- ♥ Share your good and bad feelings about having the baby with friends and family.
- ♥ Know the importance of wearing non-restrictive clothing.
- ♥ 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.
- ♥ Discuss feelings about your changing body.
- ♥ Start collecting things for the baby's first weeks.
  - Make a list for family and friends.
  - Prepare for breast or bottle feeding.
- ♥ Plan to get information on breast and nipple care. Then check on the supplies you will need.

Adapted From Nine Months to Get Ready. . . You Can Make a Difference, the Arizona Department of Health Services.