Weeks 32 to 36

Your Baby….
- Your baby continues to grow rapidly, gaining up to 1 pound per week!
- Your baby's skin is less wrinkled because fat fills out the body.
- The downy hair called lanugo (luh-nu-go) starts to disappear.
- Your baby is very active and you can notice patterns of sleep and wakefulness.
- Your baby may get into position for delivery.
- Your baby is now mature enough to survive if born but still may need to go to the NICU.
- Your baby weights about 5 ½ pounds and is about 18 inches long.

Your Body….
- This may be the most uncomfortable time during your pregnancy.
- You may have trouble sitting, walking or lying down for long periods of time due to your baby’s position in your pelvis.
- You can feel or see parts of your baby on your abdomen.
- You may need to urinate (pee) more often due to the size of your uterus and your baby’s position.
- You may have hemorrhoids (hem-or-roidz).
- You may sweat more easily and be hot when others are not.
- You may be more tired. Rest often.
- You may notice swelling in your feet, which is normal. Tell your health care provider if you notice any sudden swelling in your face or hands. This might signal a problem with your blood pressure.
- You may notice that you feel more clumsy or forgetful. This is normal.

Your Responsibility….
- You should have a prenatal checkup every two weeks this month. Your doctor will test you for Group B Strep this month.
- Talk to your health care provider about a blood test for anemia.
- You want to eat several small healthy meals and snacks. Don’t forget your vitamins!
- WATER! Drink 8-10 glasses of water per day. This will keep you hydrated and prevent contractions and constipation. Avoid sodas, coffee and tea that contain caffeine.
- Continue to exercise. Practice your relaxation techniques you learned in childbirth class.
- Talk to your health care provider about what happens in labor and delivery. Ask questions and review your birth plan.
- Get ready for the hospital. Pack your bag and have a list of people to call ready. Talk to your partner about your plan for when you go into labor.
- Each day you should read a book or poem, sing a song or play music for your baby.