



My Pregnancy

at 28-32 Weeks

Safe Sleep Tips:

- Baby sleeps alone in crib.
- Baby sleeps on back.
- Nothing in sleeping area, including bumpers.
- Keep baby's face uncovered during sleep for easy breathing. Use sleeper instead of blanket.
- Don't allow anyone to smoke around baby.
- Dress baby in as much or as little clothes that you are wearing.
- Use a firm mattress with tightly fitting sheets in a safe crib.

Prepare for arrival of Baby!

- Decide on a method of eating. Breastfeeding classes are available through Munson (231)935-8219 for a small fee.
- Choose your baby's doctor.
- Gather baby supplies: crib, car seat gowns and blankets.

Breastfeeding is...

- Good for Mom and baby.
- Baby's sucking releases hormones that contract mom's uterus.
- Mom may return to normal weight more quickly as stores of fat are used for milk production.
- Breastfed infants may be less likely to develop allergies.
- Breast milk is the best milk suited for babies.
- Breastfeeding allows you to nourish and nurture your baby.
- Breast milk is always ready and always the right temperature.

You May...

- ♥ Have backaches due to increased weight of growing uterus
 - Wear a comfy, low-heeled shoes, maintain good posture.
- ♥ Have leg cramps
 - Take daily walks and pull toes toward you while cramping.
- ♥ Swelling in feet and ankles
 - Drink 6-9 glasses of water a day
 - Elevate legs. Call doctor if swelling spreads to face and hands.
- ♥ Changes in sexual behavior
 - Explore alternative ways of expressing affection, talk with your doctor if concerned.



Watch me grow!

- **At 28-32 weeks:**
 - I am about 15" long and I weigh 2- 2 1/2 pounds..
 - I can move my arms and legs freely.
 - My eyes are becoming sensitive to light and I can react to light and darkness around you.
 - I can hear, taste and enjoy your gentle touch.
 - My kidneys are developed and starting to work.
 - My eyelids close to protect my developing eyes.

When you quit smoking...

- You improve your health and protect your baby.

You can do it!
1-800-QUIT NOW

(231) 995-6112



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Notes on nutrition...

Although organ development is largely complete, your baby is expected to triple in size during this time. Important nutrients during the third trimester include:

- **IRON:** sources of iron include lean meats, fish dried beans, dark molasses and enriched grains, like Malt-O-Meal and other cereals.
- **CALCIUM:** sources include milk, milk products, tofu and calcium added orange juice.
- **MAGNESIUM:** sources include seeds, nuts, legumes, unmilled grains, dark green vegetables, tofu and chili beans.
- **OMEGA-3 FATTY ACIDS & DOCOSAHEXAENOIC ACID (DHA):** sources include tuna, seafood*, canola oil, flaxseed oil and English walnuts.

*A note about seafood: some products such as shark, salmon and swordfish can be of concern during pregnancy due to their high mercury content, Talk with your health care provider about safe seafood and freshwater fish consumption during pregnancy.



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.



2600 LaFranier
Traverse City, MI 49686
(231) 995-6112
www.gtchd.org

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