

Month-5



Intro

Dear Mommy

When you are pregnant, everything about you is very special. Carrying a living breathing bundle of joy inside you, wraps you and your baby in a beautiful, positive aura that everybody can feel. After all, there is nothing better than bringing forth a new life into this

The enthusiasm and attention that you will enjoy, at this phase of your life, will make you feel truly blessed. However, the best care and devotion that you deserve and need is from YOURSELF! This is essential for you and your

Read on to find out what surprises pregnancy holds for you, at 22nd to 27th weeks, so that you are fully prepared to make the most of them.

Bigger and better

Dear Mommy,

From a little piece of life that could hardly be identified or felt, have already developed into someone much bigger and better. The journey that I have travelled is truly long and interesting, but I will not rest till I am big enough to be born into the world! In the meantime, let me tell you what it's like to be me, right now:

- I am 14 to 15 inches long
- I have red and wrinkled skin.
- I have already grown little fingerprints and footprints that are unique and unlike any other person's patterns, in the World. I feel very proud of my individuality!
- I can make breathing movements with my chest muscles.
- Sometimes, a little fluid enters my windpipe that ends up giving me hiccups. So, if you ever feel a series of jolts or jerks in your tummy, then know that it's me hiccupping in your belly!

What you can expect

Mommy, you are now at an advanced stage of your pregnancy and can expect certain discomforts in the normal functioning of your bodily activities.

These discomforts are, however, temporary and will disappear, once we are united in the world! Nevertheless, I want you to take very good care of yourself, when faced with any of the following symptoms:

Baby Kicks:

Mom, can you feel my kicks already? If you concentrate enough, then you will probably notice a pattern in the times when I am asleep or when I am awake.

From the frequency of my kicks and movements, at particular points of time, you can find out if I am a morning or a night person. I might also be the most active when you are resting.

Mom, do remember that I am not the same as any other babies, and I hope you will enjoy this fun game of finding out what I am like! Eat a snack, lie down and take some moments off to understand me, from time to time.

However, I will usually kick or move, every hour. If you do not feel my movements for more than an hour, then please call the doctor to find out if I am fine.

Heartburns:

As I grow inside you, I may sometimes send food that you eat, bubbling back into your throat.. This will cause a heartburn and leave a sour taste in your mouth. Although it isn't serious, it is definitely not pleasant. These few dos & don'ts for you heartburns;

Do's

- Eat a little, at a time,
- Drink less liquid with meals.
- Warm your food before you eat it;
- Take a walk.
- Sleep propped up with pillows.

Don'ts

- Eat fried or spicy foods.
- Bend over.
- Lie down with a full stomach.
- Eat just before bed.
- Consume baking soda. It has too much sodium.

Leaking:

As I have made myself comfortable, right on top of your bladders, they will lose the ability to hold as much urine as they used you. So, you might experience leaking when you sneeze or laugh too hard. You may also wet your pants when I kick. Sorry mom for also increasing your nightly visits to the bathroom, as well.

I know you will follow these things for me:

Don't stop drinking water. It is necessary for your and my hydration. Just try to restrict your water intake, 2 hours prior to sleeping.

Exercise:

Do the Kegel exercise, several times a day. For this imagine that you are trying to stop urinating, midstream. Tighten your pelvic floor muscles; as you would to stop the flow of urine. Hold for a slow count of 3 and then relax Repeat this exercise 10 times. Do this exercise, each time you think about it

But mom, remember to not make a habit of using the Kegel exercise to start and stop your. urine stream. Doing the Kegel exercise, while emptying your bladder, can actually weaken the muscles, as well as lead to incomplete emptying of the bladder. This in turn, increases the risk of a urinary tract infection.

Lying Discomfort: You may also experience discomfort, while lying down, during pregnancy. When you lie on' your back, your uterus presses on the large blood vessel that crosses behind your belly. This can lower your blood pressure and make you feel dizzy. In contrast, when you rest on your left side, the blood flow is better for you and me.

Varicose Veins: These are swollen and twisted blood vessels. that can be seen, just under the surface of the skin. Even if you cannot see any varicose veins, your calves may ache or throb. These veins will mostly fade out, after my birth. Follow these tips for quick relief:

- Don't stand fora long time.
- Move around to keep your blood moving.
- Don't cross your legs at the knees when sitting.
- Prop up your feet, whenever you can.
- Don't wear any tight clothes or stockings that leave marks on your skin.
- Wear support hose to ease aches.
- Don't rub the painful areas.

Swelling of Hands and Ankles:

With my impending arrival, you can also expect your hands and feet to swell, every now and then. To avoid this

- Put your feet up, as often as you can, during the day,
- Take frequent breaks from standing.
- Use a stool, instead of standing, if you can
- Sleep on your left side.

Pay Attention

There is a possibility that I might meet you, before the completion of your 9th month. This can have serious implications for my health and safety. If I am born at the end of your 6th month of pregnancy:

- Breathing might be problematic for me.
- My immature lungs may collapse between breathing.
- I will have little body fat to keep my body temperature even.

Therefore, it is best for me to stay in the security of your uterus for the full 40 weeks of pregnancy. If you anticipate my preterm birth, please call the doctor. You should also call the doctor, if:

- Your swelling does not go away overnight,
- Your face swells, as it may be due to preeclampsia.
- Any red streaks appear on your legs.

I sincerely wish that you don't have to go through any mishaps because of me. Try not to worry too much and hope for the best, for your and my sake.