

## Month-6



### Intro

Dear Mommy

The protrusion in the belly that you experience in the advanced stages of your pregnancy is beautiful sign of your baby's eagerness and enthusiasm to enter the world!

With your belly rising much faster, the bundle of joy, living inside you ,also starts growing much faster.

An experience of bringing forth a new life into the world has ceased being just an internal emotion. It has, now, manifested itself externally to announce the arrival of your baby to the entire world. Read on to find out more about the developments to expect from yourself and your baby, at the 28th to 31st weeks of your pregnancy.

### Still growing bigger

Dear mommy,

My life is now progressing much faster than it did before. There is not a single moment to lose, now. All my waking and sleeping moments are spent in getting the right nourishment to get bigger. I have made myself a bigger room in your belly to support my growing world. Let me sum up for you, how I look and feel now:

- I have developed the new skill of opening and closing my eyes.
- There is some protective grease that covers me, through and through.
- My growth is amazing and I will be about 48 cm long, at end of the 32nd week of your pregnancy.
- I have little finger nails.
- My skin is soft and smooth. as continue to take on more and more fat, almost about 0.25 kg. per week.
- The structure of my backbone has been growing, over the last few weeks.
- I am learning to swallow, breathe and regulate my body temperature to a certain extent, but still very dependent on you for most of my bodily functions.
- I can also hear your now and love it when you talk and sing to me!

### The birth plan

Mommy,

with my arrival drawing closer, have you thought about my birth plan yet? If not, you can start ruminating about it, as it will make my delivery much easier and leave no room for any surprises on the D-day! Please read on to find out what changes and experiences you can feel at this stage of our wonderful association:

Body Growth:

Your body will continue to grow now to give succour to my development. In fact, most of the weight that you have gained in the last three months is actually the weight that I am putting on my body.

Don't worry about the excess weight (about 11 to 15 kg) that you have gathered, as it will shed after I am born. Mom, it's alright to gain a little weight, as this will help me to be healthy, chubby and cute when I am born,

**Mock Contractions:**

Mom, I know that even though you can't wait for your due date, premature contractions can be a matter of your worry. However, please understand that from now onwards, you may occasionally experience mock contractions that are also known as Braxton Hicks.

Don't be alarmed though. The experience of these irregular and relatively painless contractions is nature's way of preparing you for the main event. Such contractions will manifest as a shortness of breath, as your uterus presses up with your ribcage. If you want to test the authenticity of these contractions, then simply take a walk, as Braxton Hicks stops when you walk, while labour contractions get worse with the same.

**Increase frequency:**

As I am getting bigger and sitting on your bladder, you may have to take more frequent toilet breaks. Don't let that stop you from drinking 8-10 glasses of water, daily.

**Startle-Reflex:**

Mom, sometimes when I hear loud noises or experience sudden movements, I am taken by a surprise. I startle, by reflex, with these occurrences. You will see me startle, up front, when we meet in the real world!

**Exercise Regularly:**

Mom, I know that the thought of exercising regularly at this stage may be too daunting for you, but believe me when I say that it will hold the key to your and my health.

The muscles in your pelvic floor support your pelvic organs, including the growing weight of the uterus that contains me, my placenta and amniotic fluids. Pregnancy hormones act on your pelvic floor muscles to relax them, in preparation of my birth and accompanying labour. This means that if your pelvic floor is not healthy and toned, you may develop stress incontinence during your third trimester and even after my birth. Exercising your pelvic floor

muscles, now will:

- Support my growing weight
- Stretch open effectively, during your labour
- Support your pelvic organs to return to their normal positions, after I have been born
- Give you better control over your second stage of labour

Mom, you may also consider enrolling yourself to a pregnancy exercise programme that teaches guided relaxation exercises.

Breathe in and breathe out...Till the time I am in you, specific relaxing exercise, like stretching, yoga and swimming, will help you relax actively. You should also learn to relax sitting or lying position, while focusing on your breathing and on consciously releasing tension from all your muscles.

Relaxation exercises help you a lot to learn such techniques and also tell you true relaxation feels like.

Please contact your doctor for more information.

### Waning sign

Mommy, even though I hate to tell you this, my birth may not be free from complications. Please take care of yourself and seek medical help, if you:

- Undergo blood pressure related complications, known as pre-eclampsia or eclampsia. These manifest through symptoms, such as:
  - Bad headaches
  - Blurred vision or lights flashing before the eyes
  - Bad pain just below the ribs
  - Vomiting
  - Sudden swelling of the face, hands or feet
  - Experience low blood iron levels, also known as anaemia "

## Complications

Mom, before we talk again ,let me give you a few tips! Please remember to:

- Keep track of your weight and my movements.
- Take all your prescribed medicines regularly, especially the vitamins and iron supplement.
- Visit the doctor give you more often. The extra check ups will also give you more time for questions.