

## Month-7



### Intro

Dear Mommy

With the arrival of your baby drawing closer, it is natural to have a thousand ideas and worries running through your mind. You might, often, find yourself wondering about what your baby will be like.

Rest assured that your baby, an extension of your body and personality, is deriving the best from you to become an individual that you can be proud of! Every little morsel that enters you becomes a part of it; every small thought that you think touches in-beautiful ways.

So, try to live healthy and practice good thinking to shape your baby's body and mind. Read onto find out about your baby's exponential growth, during the 32nd to 35th weeks of your pregnancy.

### Still growing bigger

Dear mommy,

It's such a beautiful day to grow into the person that I am about to become! From the rate that I am growing, you can expect my weight to double up in the next few weeks. Incidentally, this is the maximum growth that you can expect from me, in all the weeks of your pregnancy! I love the changes that are taking over me and would like you to know all about them. This is what's been happening to me:

- My body, especially, my brain, is growing tremendously. I am looking forward to being a healthy and smart baby.
- Can you guess my favourite position? I probably enjoy having my head down. But, I will love to keep you guessing!
- Even though enjoyed rolling-and turning over, the room inside your tummy is getting too cramped to accommodate my growing size. So I have settled for more arm and leg movements, for now.
- I shall learn to make my own antibodies a few months after I am born. For now, I am storing antibodies, from your body, which help me to fight infections and germs from the places where you spend a lot of time. Thank you for these wonderful gifts!
- My taste buds have developed further and I can taste flavours that I couldn't before. , Someday, will use these taste buds to enjoy food cooked by you! .
- I can suck and swallow in the right order..
- I have also developed something called the rooting reflex. This means that if you could touch a side of my mouth, would turn to that side, This reflex is preparing me for breastfeeding, in the future. 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 025 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!

## Prepare to be a MOMMY

Mom, for me, you are already the ""Best Mommy in the Entire World"". The love and care that you have given me in the last few months fills my tittle heart with the purity and joy that is there in the entire universe! I am truly thankful to you, for going through so much, on my behalf. it's just a matter of a few more weeks, before we meet, and I am very excited about it! In the meantime, please read on to find out what you can do for me and yourself, in this crucial phase of your pregnancy.

Eating Right: I know that you hate putting on weight, but most of it is used by me to plump up my baby fat. I also store iron from your body in my small livers to prepare for the period after my birth, when I'll only drink milk.

Mom, I want to thank you for teaching me the value of sharing and caring, very early on in my life! Please take your vitamins and eat plenty of lean meat, whole grains, beans, sprouts, potatoes, dal and other pulses, so that I can derive sufficient nutrition from you.

Working pregnant: Every job takes a lot of energy. Now that I growing inside you, you have additional job, i.e. to take care of me! Mom, I appreciate your persevering spirit that makes you go to work, even when you are pregnant with me, hut do try to take good care of yourself, while you are at it! Follow these best practices:

- Don't stand or sit for a long time, Take frequent breaks.
  - Put your feet up and eat a snack.
  - Plan what to eat, during your work day,
  - Don't come home from work and start cooking or cleaning, right away
- Rest or take a nap for a while and begin your household chores, an hour after getting back from work.

Remember-the-Sibling: Mommy, have you told my brother or sister about my arrival, yet? if not, then they are surely getting curious about the changes in how you look. Without you explaining the Miracle of Birth to them, they might think that you are sick and worry about you.

don't want our friendship to start off on a wrong note! So, give them the attention that they need and deserve. Please assure them that we will share your special love for us, happily. Also, answer their questions about the coming changes, as much as you can.

## When should you worry

Mom, for most situations, I would want you to not worry too much about my birth and well-being. I am doing well, living inside your body, getting the best that you have to offer. However, please Call the doctor if the following situations

- You get groin pain along with fever, nausea, vomiting, or diarrhoea.
- You get any injury call your Doctor.
- Blood or fluid leaks from your vagina.
- You experience pain or a burning sensation when you go to the bathroom