

# YOUR PREGNANCY

at 28-32 weeks,

you may....

- have backaches due to increased weight of growing uterus
- have leg cramps
- have swelling in feet and ankles
- notice changes in sexual feelings or behaviors

Suggestions....

- wear comfortable, low-heeled shoes
- lift with legs instead of back
- maintain good posture
- encourage toddlers to climb into lap instead of lifting
- have a friend give you a back massage
- loosen heavy covers at end of bed
- pull toes toward you and hold until the cramp releases
- daily walks may be helpful
- elevate legs
- rest on your left side
- drink 6-8 glasses of fluids/day
- avoid clothes that bind legs
- call your doctor if swelling in face or hands occur
- explore alternative ways of expressing affection
- talk to your doctor if you have concerns; listen to your body and feelings, and talk with your partner

Watch Me Grow.....

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 or darkness around you!  
I can hear, taste, and enjoy your gentle touch



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Health Tips:

Breastfeeding is best 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 (from pregnancy) are used for milk production.
- Breastmilk contains many antibodies that give baby protection from some illnesses and infections
- Breastfed infants are less likely to develop allergies
- Breastmilk is the babies milk
- Breastfeeding allows you to both nourish and nurture your baby
- Breastmilk is always ready and always at the right temperature—it is the natural way to feed your baby



To assist you with breastfeeding your baby:

- Ask your partner to share his feelings on breastfeeding
- Talk to other women you know who have successfully breastfed their infants
- Log on to [www.llusa.org](http://www.llusa.org) for more information

## Remember.....

It's time to start preparing for your baby's arrival by:

- Deciding on a method of infant feeding
- Choosing your baby's doctor
- Gathering baby supplies: crib, car seat, gowns and blankets
- Choosing a safe crib and car seat is very important.



**Just a Thought.....**After your baby is born and you leave the hospital, questions may arise about newborn care and feeding and family changes. Northern Michigan Regional Hospital, the health department and your physician/nurse midwife are pleased to offer a home visit by an experienced, knowledgeable nurse as an extension of our care for you and your baby. The visit will be made at your convenience and at no cost to you. There will be more information about the home visit at the hospital.

**The Next Step.....**Would you like to learn more about what you can do to enhance your baby's capacity to learn? The *Great Start* network is available to all families with children 0-5 years old residing in the Charlevoix-Emmet Intermediate School District. Newsletters, Family Discovery Times at local schools, and playgroups are just some of the opportunities available. To learn more about the *Great Start* network, please call **547-6217** or **1-877-866-3714** (1-87STONES).

## Helpful information is available at the following websites...

For **pregnancy and newborn information**, please visit:

[www.acog.com](http://www.acog.com)  
[www.lllusa.org](http://www.lllusa.org)  
[www.marchofdimes.com](http://www.marchofdimes.com)  
[www.michigan.gov/mdch](http://www.michigan.gov/mdch)  
[www.mywebmd.com](http://www.mywebmd.com)  
[www.babycentral.com](http://www.babycentral.com)  
[www.kidshealth.org](http://www.kidshealth.org)

For **nutrition** information, please visit:

[www.eatright.org](http://www.eatright.org)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.wichealth.org](http://www.wichealth.org)

For **dental** information:

[www.ada.org](http://www.ada.org)

For **smoking cessation** information, please visit:

[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)  
[www.quitnet.com](http://www.quitnet.com)

Health Department of Northwest Michigan  
220 W. Garfield  
Charlevoix, MI 49720

Northern Michigan Regional Hospital, Chippewa County Health Department,  
District Health Department No. 4, Luce-Mackinaw-Alger and Schoolcraft Health Department  
and the Health Department of Northwest Michigan

Counties of:

Antrim - Bellaire  
209 Portage Dr.  
Bellaire, MI 49615  
(231) 533-8670

Antrim  
Mancelona  
205 Grove St  
Mancelona, MI 49659  
(231) 587-5044

Charlevoix  
220 W. Garfield  
Charlevoix, MI 49720  
(231) 547-6523

Emmet  
3434 Harbor-Petoskey Rd.  
Suite A  
Harbor Springs, MI 49740  
(231) 347-6014

Otsego  
95 Livingston Blvd.  
Gaylord, MI 49735  
(989) 732-1794

For an appointment at one of these offices, please call (231) 547-0295 or 1-800-432-4121

In Chippewa County, please call 1-906-635-1566

District Health Department No. 4, please call 1-800-221-0294

Luce-Mackinaw-Alger-Schoolcraft counties, please call 1-800-562-4832