

# 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

I can hear, taste, and enjoy your gentle touch

My eyes are becoming sensitive to light and I can react to light or darkness around you!



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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
- Call Deb O'Neill, Breastfeeding Support Counselor at 989-732-6867
- 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. Pamphlets are available at NW Michigan Community Health Agency (the health department) at (989) 732-1794.



After your baby is born and you leave the hospital, many questions arise about newborn care and feeding and family changes. Otsego Memorial 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.

## 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)

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## Otsego Memorial Hospital and Health Department of Northwest Michigan

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(231) 587-5044

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Suite A  
Harbor Springs, MI 49740  
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Otsego  
95 Livingston Blvd.  
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For an appointment at one of these offices, please call (231)547-0295 or 1-800-432-4121