

# YOUR PREGNANCY

## at 33-36 weeks,

### you may.....

- have shortness of breath as your growing uterus crowds your stomach and lungs
- have difficulty sleeping
- be more sensitive and anxious

### Suggestions....

- sit and stand as straight as possible
- eat small frequent meals
- slow down so your body doesn't have to work so hard...it's OK to tell others "No."
- avoid late meals
- avoid drinks containing caffeine
- take an evening walk
- use an extra pillow to help relieve shortness of breath
- relaxation exercises may be helpful
- discuss your feelings with someone you trust
- take naps
- remember that you are a wonderful person doing very important work
- identify your circle of support

### Watch Me Grow.....

I am 16" - 18" long and I weigh about 5 pounds

I don't move around as much but my kicks are very strong

I am beginning to collect fat that will help to keep me warm after I'm born

As it gets closer to my birth day, I'm wondering who will help you take care of me?



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### Health Tips:

- Circumcision is the surgical removal of the foreskin from the penis. Parents must decide if they want their child to be circumcised. If parents consent, circumcision is usually done before the baby leaves the hospital.
- Baby's first immunizations can begin in the hospital with the Hepatitis B vaccine. Ask your doctor or nurse for more information
- After your baby is born, you may want to meet with other moms and babies at the "Mother to Mother Support Group." For more information, contact OMH Parent Educator at 989-731-2124 or visit [www.otsegomemorialhospital.org](http://www.otsegomemorialhospital.org)

### Remember....to ensure a healthy baby it is important to learn about:

- signs of labor
- breathing/relaxation
- deliveries (vaginal, VBAC, C-Section)



Please inform us if your name or address changes or if you wish to stop these newsletters by calling (231) 547-0295 or 1-800-432-4121

## Just a thought.....

**Health Insurance** is available for pregnant women and children through **Healthy Kids** and **MIChild**. Doctor's visits, lab tests, medicines and hospital costs are some of the benefits. **Healthy Kids** can be used with other insurance coverage and is available for pregnant women and children whose income falls within the following monthly income guidelines:

Family Size	Pregnant Women & Children 0-1 yrs.	Children 1-19 years	Children 0-19 years
2	\$27,991	\$22,695	\$30,260
3	\$35,317	\$28,635	\$38,180
4	\$42,643	\$34,575	\$46,100
5	\$49,969	\$40,515	\$54,020

The unborn baby counts as a family member. After the baby is born, he/she may be eligible for Healthy Kids or MIChild. Call the health department at (231) 547-0295 or 1-800-432-4121 for more information.

## 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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 Suite A  
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 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