

YOUR PREGNANCY

at 37-40 weeks,

you may.....

- be able to breathe easier but have an increased need to urinate as the baby drops into a lower position
- notice liquid (colostrum) leaking from your breasts
- notice ankles swelling at the end of the day

- feel anxious about birth, parenting and family changes

Suggestions....

- go to the bathroom whenever sensation occurs
- rest when you feel tired
- nursing pads may be helpful

- rest on left side
- elevate legs when sitting
- drink 6-8 glasses of fluid a day
- exercise regularly....walking or swimming may be enjoyable
- practice breathing and relaxation
- prepare for baby by gathering supplies and information
- pack your bag and have a plan for getting to the hospital
- talk over your fears with your spouse or support person
- start a baby book or memory box to record special events in your pregnancy and in your baby's life

Watch Me Grow.....

During my last month I gain about 1/2 pound per week
I am getting ready for birth and now may rest lower
in your abdomen

My fingernails and toenails are fully formed

The bones of my head are soft and flexible for birth

I know your voice and recognize stories you read to me



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Health Tips:

The beginning of labor is unpredictable and may happen before or after your due date. Be prepared for your delivery by asking your doctor **when** you should call and **where** you should call or go when your labor starts.



Remember.....

- Plan for someone to help you when you and your baby come home as there will be many new jobs to do
- As your pregnancy ends, you and your partner must decide how to space your children. There are many methods of birth control available and you may want to discuss these with your doctor or nurse.

Just a thought.....

You may be very busy for those first few weeks after the baby is born, and it may be helpful to try these things:

- Bake and freeze nutritious meals now, such as casseroles, fruit and nut muffins/breads, or pasta dishes.
- Make a standardized grocery list and make some copies. When you're tired or busy, you can go to the store with your list ready-made, or have someone else shop for you while you rest.
- Ask for non-traditional gifts like; bringing a hot meal, cleaning a room, doing a load of laundry or watching baby while you take some time for yourself.
- Choose a medical provider for your baby.



Helpful information is available at the following websites...

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

www.acog.com
www.lllusa.org
www.marchofdimes.com
www.michigan.gov/mdch
www.mywebmd.com
www.babycentral.com
www.kidshealth.org

For **nutrition** information, please visit:

www.eatright.org
www.mypyramid.gov
www.wichealth.org

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

www.michigan.gov/tobacco
www.quitnet.com

For **dental** information:

www.ada.org

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209 Portage Dr.
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Harbor Springs, MI 49740
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For an appointment at one of these offices, please call (231) 547-0295 or 1-800-432-4121