



# My Pregnancy at 37-40 Weeks

- ♥ It's almost time to meet your baby!
- ♥ 40 weeks is best—it's worth the wait!

## Prepare for your baby...

Last minute preparation tips:

- Pack your bag.
- Install the car seat.
- Plan for help at home.
- Plan your trip to the hospital.

## More things to consider...

As your pregnancy ends think about how to space your children:

- What birth control method will you use?
- Studies show that your body needs about 18 months to be as healthy as possible before preparing for your next baby.
- Stay on a women's multi-vitamin during all the years that you could become pregnant.

## Just so you know...

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

**You May**

- ♥ Notice colostrum leaking from your breasts
  - Nursing pads may be helpful
- ♥ Notice your ankles are swollen by the end of the day
  - Put feet up when sitting
  - Exercise regularly
  - Drink 6-8 glasses of water per day
- ♥ Be able to breathe easier but have to urinate more often as the baby moves into a lower position
- ♥ Feel anxious about birth, parenting and family changes
  - Practice breathing and relaxation
  - Talk to your support person about your fears

## Watch me grow!

- I gain about ½ pound per week.
- I am about 19 – 21 inches long and weigh 6 – 9 pounds.
- I am getting ready for birth and may rest lower in your abdomen, usually head down.
- 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.

## Smoking Cessation Facts

- If you quit smoking during pregnancy, consider the Michigan Quitline to get support to stay smoke-free.
- Chemicals in cigarettes enter breastmilk.
- Smoking may decrease breastmilk supply.
- Babies who breathe secondhand smoke are at risk for Sudden Unexplained Infant Death.

# Check out these websites and apps for FREE info!



Text4Baby.org  
<https://text4baby.org>



WIC Nutrition Website  
[www.michigan.gov](http://www.michigan.gov)



Baby Center: My Pregnancy Today app  
<http://www.babycenter.com/my-pregnancy-today-app>



GooglePlay: BabyBump Pregnancy



GooglePlay: Cessation Nation



Michigan Tobacco Quit Line  
<https://michigan.quitlogix.org/>



Smokefree.gov Smartphone Apps  
<http://smokefree.gov/apps-quitstart>



## Remember

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.



### Things We Need

- Diaper bag
- Infant car seat

### Things to Do

- Consider packing hospital bag with Chapstick, snacks, hairband, camera, toilet articles and going-home clothing for yourself and baby.
- Bake and freeze nutritious meals.
- Plan transportation to hospital and home.



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(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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