

# 7-8 Months

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
FIRST TRIMESTER													SECOND TRIMESTER										THIRD TRIMESTER																		
Weeks																																									

## Mother

- As your baby grows, your uterus expands and puts pressure on your stomach and lungs. Pressure on your stomach can cause heartburn and indigestion, which can be eased by eating smaller, more frequent meals. Pressure on your lungs can cause shortness of breath and pain in the rib cage.
- As your breasts and abdomen grow, stretch marks may become noticeable, your belly button may stick out, and your breasts may leak colostrum.
- You may begin to notice "practice," or Braxton-Hicks, contractions.

## Father

- You may begin to think about what your parenting style will be.
- Use comfort measures, such as massage, to help the mother-to-be relax.

## Fetus

### Month 7 (about weeks 27-31)

- The baby senses and responds to light and sound.
- The baby may hiccup, producing rhythmic movements in the uterus.
- When the seventh month ends, the baby measures about 15.5-16 inches (39-41 centimeters) and weighs about 3 pounds (1 kilogram).

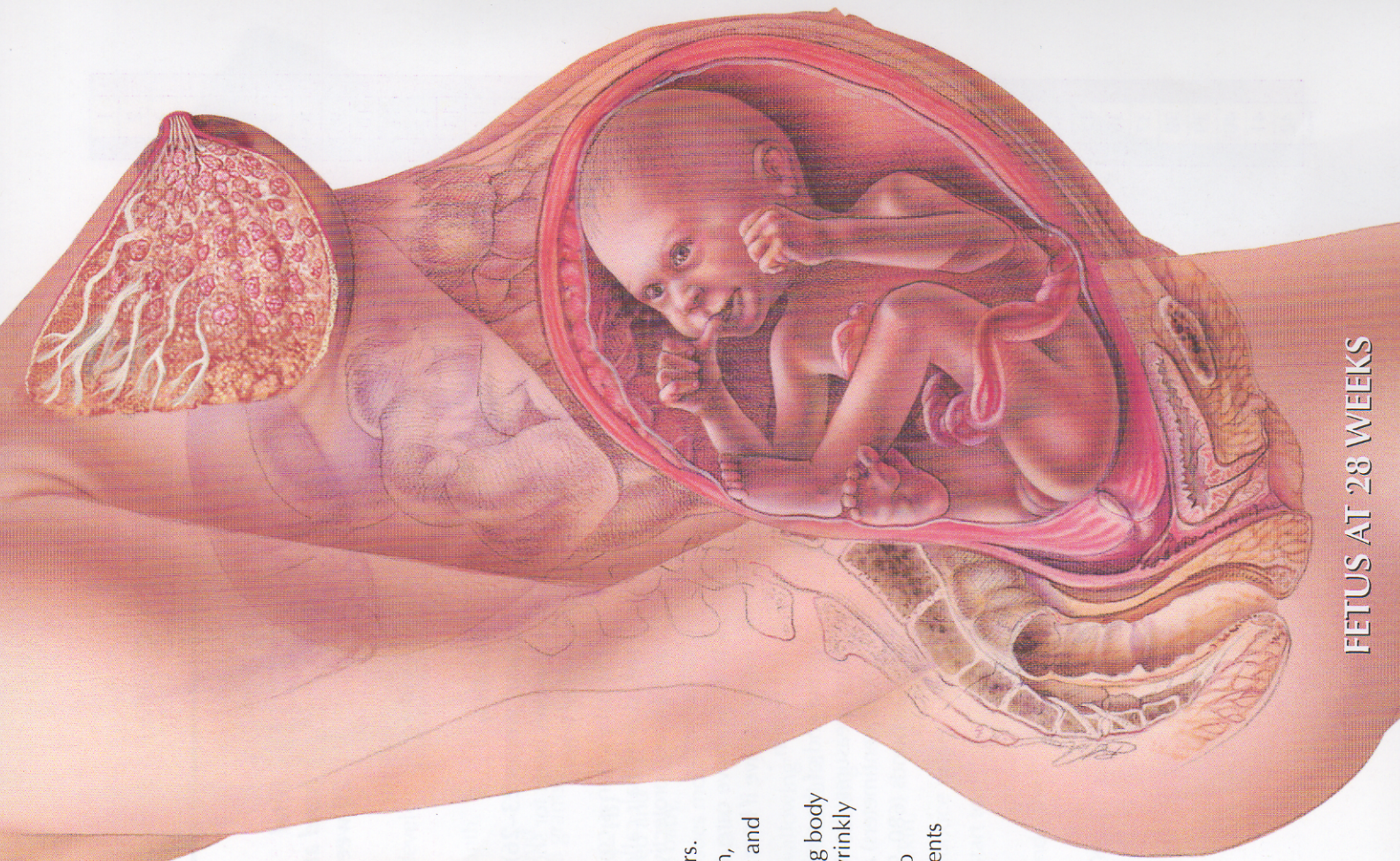


actual size

Fetal hand at 28-29 weeks

### Month 8 (about weeks 32-35)

- Rapid brain growth occurs.
- Bones continue to harden, but the skull remains soft and pliable for labor.
- The baby is rapidly storing body fat, filling out her once wrinkly skin.
- The baby has less room to maneuver, so his movements are less forceful.
- By the end of the eighth month, the baby measures about 18.5 inches (47 centimeters) and weighs about 5 pounds (2 kilograms).



FETUS AT 28 WEEKS