

9 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

- You may experience backaches and have trouble sleeping.
- If you experience lightening (page 49), which happens when your baby drops into your pelvis, you'll experience less shortness of breath, but you may need to urinate more often because of increased pressure on your bladder.
- You may get a "nesting" urge (page 48) and want to clean and organize everything. Be sure to get enough rest.

Father

- Make last-minute preparations, such as practicing putting in and taking out the car seat as well as learning the route to the hospital or birth center.

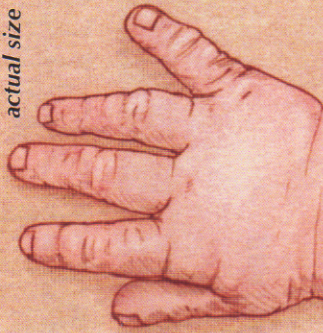
Feeling your baby move

You already know the sensation of your baby's kicks and turns inside you. Some babies move softly while others seem to be playing football. Their personalities are developing before they are born. *Gently* feel your baby's shape. A long smooth area is likely to be its back. Lumpy areas are arms and legs. A firm, round area is the head. You may see a small bump on your belly that is likely your baby's hand, foot, or elbow. If you gently massage the bump, the baby may pull its hand or foot back. Encourage your partner or children to share the experience of gently feeling your baby move.

Fetus (about weeks 36–40)

- A baby born before 37 full weeks is considered premature.
- The lungs can function on their own.
- The baby gains about 0.5 pounds (227 grams) a week.
- The baby will move into the birth position—usually head-down in the lower part of the mother's belly.
- The baby measures about 19–21 inches (48–53 centimeters) and weighs about 6–9 pounds (3–4 kilograms).

actual size



Fetal hand at 40 weeks

