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Read more We have filled this basket with several essentials and some cute luxury items to make sure the new child is comfortable and happy. Contains: New Born Scratch Mitts New Born Booties New Born Hat Brush and Comb Set Pippins Penguin Balloon Wicker Basket January 21, 2020, 2:28 PM UTC / Source: TODAYBy Ree HinesAcess, singer-songwriter Christina Milan is also the mother of two. On Monday, the 38-year-old welcomed her second child into the world, and the first with her partner Matt Pokora, a boy named Isaiah. Simply perfect, he wrote the oath star next to a black-and-white photo of his newborn. The world is your Son. Love, Mom and Dad. In the photo, Isaiah's face remains mostly obscured, while his small hand, intertwined firmly around Mom's finger, focuses. As for Pokora, 34, he shared a similar photo of his joy pack on his own. Once upon a time Isaiah was born on 2001/2020... a translation of his publication read. It's your turn to write the rest. Pokora also called Milan a hero and celebrated the fact that their son arrived on Luther King Jr. Day the couple first announced that they were waiting for a new release in July last year, and kept their fans and followers updated from ultrasound to gender reveal, until the happy arrival of little Isaiah.Milian and Pokora are not the only ones delighted with the new addition. Miliana's 9-year-old daughter Violet, whom she shares with her ex-husband The-Dream, is on the moon over her little brother. Christina Milan speaks new rom-com and love for beignetsAug. 26, 201905:55(Viole) predicted that she would have a child, Milan revealed during a visit to TODAY, pointing out her daughter's emotion. Ree Hines Vervywell Family uses only high sources including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we verify and maintain our accurate, reliable, and reliable content. Gender and Genetics. World Health Organization. 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Impact of fetal gender on the risk of preterm birth. *ScienceDaily*. Page 2 The first two months of pregnancy are behind you. At 9 weeks of pregnancy, morning sickness is peaking, and you may be dealing with mood swings, heartburn, and other pregnancy symptoms. Meanwhile, your baby is growing, looking more human, and even moving. 9 weeks of pregnancy is how many months? 2 months and 1 week What Quarter? First trimester How many weeks to go? 31 weeks At 9 weeks, a baby is about 1 inch long (2.5 to 3 centimeters). The baby is growing rapidly and adopting a much more human appearance every day. Physical characteristics, organs and body systems continue to develop. Your paddle-like hands and feet are starting to transform as small fingers and toes become more visible. Your baby also has auditory lobes and the tip of his or her nose can be seen in profile. The baby's eyelids continue to form and cover more than The baby's heart and arterial system continue to develop while the rib bones and sternum sternum Way. Your baby's pancreas, liver, and bile ducts are also forming at this stage. The baby moves, bends and moves. These movements are visible on ultrasound, but you still can't feel them. Explore some of your baby's week milestones in this interactive experience. As for you, morning sickness usually peaks this week. Other symptoms, such as fatigue and frequent urination, may continue. You might also be dealing with heartburn, itchy breasts, and emotional ups and downs of pregnancy. It's likely that your emotions have taken you on a roller coaster ride these past few weeks. You're not alone. Generally speaking, mood swings are the toughest between week 6 and week 10, returning during the third trimester while mentally and physically preparing for birth. Mood changes are expected and stimulated, in part, by fluctuations in estrogen and progesterone. These hormonal changes can affect the level of brain mood-regulating chemicals called neurotransmitters. But there's more at stake here than just hormones. Physical, social, and emotional stressors in pregnancy can contribute to your mood up and down. Progesterone relaxes the smooth muscle in your body and slows digestion so you can absorb more nutrients from the foods you eat. But, there's a splinter on top of the stomach made of smooth muscle. Keeps food and stomach acid. As it relaxes, it is easier for food and acid to return to the esophagus, causing heartburn or indigestion. In addition to pain, changing hormones, in addition to the growth and stretching of the skin in the breasts, can lead to itching. Itchy skin is more common in the second and third trimesters, but it can begin as early as the first trimester. Applying a moisturizing body oil or lotion can help relieve discomfort. It can be a more emotional week with some changing moods as you go from excited to worried or happy to nervous when you think about your baby, your symptoms or even parenthood. Take the time to take care of your mental health and try to find some relief from those uncomfortable symptoms. Just knowing that early on and downs are a normal, expected part of pregnancy can help you feel better. But because fatigue, low blood sugar and stress can contribute to mood swings, there are a few things you can do to help your mood. Try to get enough sleep. Try meditation. If you have breast pain, talk to your doctor about treatment options. You can also avoid hot baths and showers, skin-dry soaps, and detergents or clothing that are irritating. Instead, take cold showers and apply cream ice packs and cold baths work to reduce inflammation and numb pain. So am I. Iotions with menthol and camphor. Both have been shown to cool and relieve itching while moisturizing. Robin Evans, MD Heartburn is awkward. If you suffer from heartburn, try eating smaller meals, but eating more often. Eat slowly and chew food well. Avoid bedtime or bed right after a meal. Avoid smoking and drinking alcohol. Try alternative treatments such as acupuncture. If you can't find relief, talk to your doctor about other treatment options, including medications that are safe during pregnancy. A pregnancy planner, organizer, or diary can be very helpful. It's a great place to write down your thoughts and feelings and document your symptoms and changes in your body. By thinking about questions for your doctor, you can write them down so you don't forget them. Then take your planner to prenatal appointments. You can record what happens on each visit and write down answers to all your questions. After your baby arrives, it will be a wonderful memory to remember all the great milestones as well as the small memories about your pregnancy. After the first prenatal visit, if your pregnant partner is experiencing a normal, healthy pregnancy, you're likely to receive the official word that sex during pregnancy is fine. In fact, you can have sex over the course of 40 weeks, if you both feel safe. Many couples worry that having sex during pregnancy will harm the baby. He won't. The cervix, which is the opening of the uterus, is at the end of the vagina and is at least two inches long. This acts as a barrier that keeps anything in the vagina safely away from the baby. —Allison Hill, MD, OBGYN Sex during pregnancy will not harm the baby. Your baby is protected by amniotic fluid, the mother's abdomen, and the mucus plug, which seals the cervix. As long as your partner does not have unexpected vaginal bleeding, a history of preterm birth or cervical insufficiency, or a worrying complication, sex during pregnancy is generally considered safe. Your partner may be dealing with a number of uncomfortable pregnancy symptoms. Fatigue, breast tenderness and nausea are just a few problems that could leave your partner feeling still in the mood. Be patient and continue to show affection in other ways. Many symptoms go away in the second trimester. The key here is to know what you feel about your partner. Work together to find other ways to connect and feel close, physically, and emotionally. —Shara Marrero Brofman, PsyD If your first prenatal visit is this week, refer to week 6 or week 8 to find out what to expect when it comes to testing, length of visit and more. It is reasonable to expect some mood swings, changing emotions and irritability during pregnancy. However, it is know when symptoms go beyond what is expected. Sometimes it's hard to know on your own, so talk regularly with your partner and doctor about you sit down. If your mood swings last longer than two weeks and don't seem to be improving or you're experiencing significant changes in appetite or sleep, it's crucial to seek care from a mental health professional. This advice is true for everyone, but it is especially true for those who have a history of depression, anxiety, or any other mood disorder. But there is absolutely no need to wait until you meet these criteria for help. If you're concerned or involved in unhealthy coping strategies, don't hesitate to seek mental health help. Shara Marrero Brofman, PsyD About a third of postpartum depression cases begin during pregnancy. Getting help for prenatal depression and other mental health problems in time will not only improve your pregnancy, but also your baby's well-being in the womb and after birth. Certain health problems, such as a thyroid condition, can occur in pregnancy and lead to mood or anxiety problems. Now that your first prenatal visit is likely under your belt, your new reality might be feeling much more real. There's probably a combination of emotion, relief, anxiety, fear and uncertainty swirling in your home. And everything is normal. Pregnancy is a life adjustment. Next week is your baby's last week as an embryo. At the end of week 10, your little one graduates to the next stage of prenatal development. Page 3 At 10 weeks of pregnancy, you're approaching the end of the first trimester. You may wonder when the annoying symptoms of early pregnancy will start to fade or prepare to share your big news with the world. Meanwhile, your baby is growing and reaching a big milestone at the end of this week. 10 weeks pregnant is how many months? 2 months and 2 weeks What Quarter? First trimester How many weeks to go? 20 weeks At week 10, a baby is about 1 1/2 inches long (3.5-4 centimeters). All right / Bailey Mariner This week marks your baby's last week as an embryo. The buds and dental caps are becoming recognizable. The eyelids keep growing and are closing. Early pregnancy symptoms are likely to stay for a few more weeks. Therefore, you may still be dealing with: NauseaFatigueConstipationFrequent urination In addition to that, sleep problems like strange and vivid dreams can also make an appearance. You're probably still in the midst of first trimester fatigue. As the body produces more blood and increases blood flow through the body, blood vessels dilate or expand. Wider blood vessels can blood pressure. Between low blood pressure and pregnancy hormones (especially progesterone), it's no wonder you're sleepy during the day. Having to get up to urinate often also contributes to nighttime sleep issues. Pregnancy is a time full of emotions, and dreams are linked to emotions and how the brain processes them. When you wake up during or after REM sleep, to, for example, use the bathroom, on the middle night, you're more likely to remember strange or scary and vivid dreams. Headaches may appear from time to time, whether you're pregnant or not. But, pregnancy brings some additional headache triggers like hormonal changes, lack of sleep, hunger, or the sudden end of your daily coffee habit. However, if you have a headache that doesn't go away, you have headaches more often than usual, or your headaches are more severe than usual, you should call your doctor. Sometimes a headache can be a sign of a problem that needs to be reviewed. You may also want to work on your sleep routine. This week and find ways to deal with occasional headaches without using medications. If sleep issues are passing bill, take an active step in improving your sleep patterns. Start by considering your daily habits and establishing a consistent, healthy and relaxing evening routine. Do some exercise during the day; Daily physical activity can help you sleep better at night. Enjoy a decaffeinated drink, but limit nighttime fluids to avoid having to wake up and urinate. (Don't forget to drink enough during the day!) Take a hot shower before bed to help you relax and get ready to sleep. Turn off your TV, computer, tablet, or smartphone two hours before going to bed. Exposure to these electronic screens suppresses the production of melatonin, a hormone that helps prepare the body for rest. When you can't fall asleep, get up and find something to do until you feel tired, like reading or watching a TV show. You can usually treat an occasional headache on your own. In the past, you may have used medications, however, now that you're waiting, try these alternative treatments first: Rest in a dark, quiet room. Relax with meditation or other relaxation techniques. EatApply hot or cold compresses to the head or neck. Take a from your computer or smartphone screen. Talk to your doctor about safe medications and other treatment options. Tell your doctor if your headaches get worse or if they come more often. It's important to be open with your partner when it comes to your feelings about sharing your pregnancy news. Couples don't always agree on when to count and who they get to know. Be sure to communicate openly with your partner about your feelings and listen to your partner's thoughts and concerns. Talking about everything is key. Unpack the two reasons for wanting or not wanting to share. And if you reach a crossroads, maybe there's a compromise. Either way, always be open to each other's concerns and reasons. Shara Marrero Brofman, PsyD You, your partner and your health care provider will talk about fetal genetic testing. These tests take two forms: screening and diagnostic tests. A screening test tells you how likely your baby may have a birth defect; a diagnostic test tells you more than 99% certainly if your baby has the disorder. —Screening tests for Allison Hill, MD, OB-GYN are often offered to children under 35, while diagnostic tests are suggested for older women, although that is not a difficult and quick rule. You may be offered two tests this week. The cell-free DNA test (cfDNA) is a noninvasive prenatal test. A cfDNA test is sometimes suggested to women who meet one or more of the following criteria: For this test, your provider will order a simple blood test that can detect fetal DNA present in your system. The highest test rates for the most common trisomy (trisomy 13, trisomy 18, and trisomy 21), but not neural tube defects. Keep in mind that the results of this test also reveal the sex of the baby, so be sure to tell your practitioner if you'd rather wait to find out. At this time, cfDNA is being studied for use in low-risk women, and accuracy appears to be similar to that of high-risk women. In general, it has the highest detection rate of all screening tests. Allison Hill, MD, OBGYN Because it's a screening test, however, all abnormal results must be confirmed with a diagnostic test. Talk to your health care provider to see if the test is the right option for you. Insurance covers this test for women considered high risk, but some plans will also cover low-risk women. At the same time, between week 10 and week 12, your health care provider may offer you chorionic villus sampling (CVS). Unlike cfDNA, this is a diagnostic test. Women may be suggested to meet one or more of the following criteria: Age 35 or premature with a genetic disorder (or chromosomal abnormalities in a previous pregnancy)Regarding the results of the previous screening/Prenatal genetic disorders (either even) For this test, the doctor removes cells from the lining of the uterus. Cells are part of the placenta and contain the same genetic makeup as the baby. Baby, cells for chromosomal abnormalities, such as Down syndrome, Tay-Sachs disease and fragile X syndrome. There are two variations of the test: transcranial CVS: Your health care provider uses ultrasound to guide a thin tube from the vagina to your cervix. Once there, your finger-like structure removes a small sample of the coatiary villus with suction. Transabdominal CVS: Instead of through the cervix, your doctor removes the cells with a needle inserted through your abdominal wall. While some find CVS painless, others experience cramps similar to those of a period during the procedure. The results are usually available as soon as a few hours or up to a couple of days. Sleep is essential throughout life. However, it is especially important during pregnancy when sleep problems are common. A body pillow or pregnancy pillow can help you get in a more comfortable sleeping position as your body grows and changes. Pregnancy pillows are designed to support specific areas of a pregnant mother's body, such as the back, belly, and knees. They come in different styles such as C-shaped, U-shaped and wedge-shaped, so you can choose the type that best suits your comfort. Pregnancy-shaped pillows and straight-bodied pillows fit into this broader category. A pregnancy body pillow tends to wrap around the entire body, while a typical body pillow is long and straight. Both provide comfort and support to help you sleep better. This week you may be nervous about prenatal testing or thinking about telling your family and friends that you're waiting. After this procedure, you may have some mild cramps and spots. Your doctor will give you instructions such as: RestAvoid strenuous physical activitiesDo not engage in sex until your doctor tells you that it's safe to have sex. If you're having trouble sleeping, you may want to try a pregnancy pillow. Pregnancy pillows are designed to support specific areas of a pregnant mother's body, such as the back, belly, and knees. They come in different styles such as C-shaped, U-shaped and wedge-shaped, so you can choose the type that best suits your comfort. Pregnancy-shaped pillows and straight-bodied pillows fit into this broader category. A pregnancy body pillow tends to wrap around the entire body, while a typical body pillow is long and straight. Both provide comfort and support to help you sleep better. 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monitor in place. Urinary tract infections (UTIs) are common during pregnancy. It is important to know the signs and symptoms of a urinary tract infection, as well as how to prevent them. Urinary tract infections (UTU occur in up to 13% of people who are pregnant. If you do, the most common symptoms of a urinary tract infection are: Bloody, cloudy or smelly urineBurn or pain when you urinateSeminase as if you had to go back just after you were/FeelErsMild urine contractionsNeeding to pee more often Mid-sided mid-sided mid-back or flank discomfort Let your provider know if you develop any symptoms of a UTI. The infection can be easily diagnosed and treated, but an untreated urinary tract infection can lead to a serious infection and pregnancy complications. Don't hold it—go when you have to goDrink a lot of fluids throughout the day Read forward when you urinate to help empty your bladderPee after sex to remove any bacteria that may have entered your uretraTry to empty your bladder completely every time you go Empty your hands before and after using the bathroomWash your perineal area cotton underwear and avoid tight clothingWipe from front to back after using the bathroom You are near the end of your second. This week, your baby developed a sense of functional smell and completed an important stage of lung development. Next week, your baby will reach another weight milestone. Page 19 All right / Bailey Mariner At 26 weeks of pregnancy, your baby's eyes have fully developed, and are even sporting freshly visible eyebrows and eyelashes to accompany them. Meanwhile, your body may be showing more evidence all that growth and development in the form of skin stretching and possibly some Stretch marks. 26 weeks pregnant is how many months? 6 months and 2 weeks What Quarter? Second trimester How many weeks to go? 14 weeks At 26 weeks, a baby is nearly 9 1/4 inches (23.4 centimeters) from the top of the head to the bottom of the buttocks (known as the length of the crown-rump), and the baby's height is approximately 13 inches (33.3 centimeters) from the top of the head to the heel (crown length). baby weighs only about 32 ounces or 2 pounds (902 grams). Vervelly/Bailey Mariner All parts of your baby's eyes form. Your baby even has visible eyebrows and eyelashes. Baby is starting to show the Moorish starting or reflex, as well as the palm tree (hand) and the plantar grip (foot), all the reflexes that you will see them act like newborns. They are absorbing more and more nutrients from amniotic fluid and producing enzymes to break down nutrients such as sugars, proteins and fats for digestion. While your baby still has a lot to grow and mature, advances in modern medicine give babies born at 26 weeks an excellent chance of survival. These babies are still extremely premature, but with specialized care at the ICU, survival rates are as high as 85%. As the weeks go by and brings the baby closer to term, the chances of survival go up and the risks of life-long health problems drop. Explore some of your baby's key milestones in this interactive experience. As you approach the end of your second trimester, you may still feel pretty good. However, you may also be experiencing common symptoms such as Braxton Hicks contractions, nasal congestion, leg cramps, mild ankle swelling or back pain. Other symptoms that may begin as your belly and baby continue to grow are rib and stretch marks pain. Your baby is getting bigger and takes up more space in the abdominal cavity. Depending on your baby's position, you may feel pressure, as well as kicks and punches in different areas, including ribs. Hormones, weight gain in the body and breasts and other symptoms such as heartburn may also contribute to rib pain. They develop as the skin stretches too fast. While stretch marks can develop in both men and women at any stage of life, they are especially common in pregnancy and appear between 55% and 90% of pregnant women. While stretch marks don't pose health problems, they can be irritating and cause itching or burning. Over time, however, these symptoms and their appearance tend to fade. Typical places where stretch marks form during pregnancy include the breasts, belly, hips, and thighs. Aspect. Pregnancy-related rib pain often gets relief once the baby falls and complete relief after the baby is born. In the meantime, you can try: Change your position to a more comfortable one Gently press the abdomen so that the baby moves. Practice yoga during pregnancy or prenatal stretching. Maintain a healthy weight. Invest in a comfortable and supportive bra. Use an abdominal and supportive bra. Use pregnancy pillows when you sit or lie down to help you feel comfortable. Ask about alternative therapy, such as acupuncture or chiropractic treatment. Talk to your health care provider about safe pain relievers, if necessary. Stretch marks can be uncomfortable, and their initially striking appearance can have an impact on body image. Your risk of stretch marks depends on several factors, such as genetics, age, and weight. While there's no way to completely prevent stretch marks if you're predisposed to them, there are a few things you can do to help minimize them during pregnancy, including: Slowly and consistently gaining your pregnancy weight. Eat healthy, balanced meals to maintain good nutrition. Keep skin hydrated and hydrated. You can try to see your pregnancy stretch marks as a badge of honor. After all, they are physical evidence of the incredible work your body did growing your baby. But it's also fine if you want to reduce its appearance. Over time, the color of the stretch marks will fade naturally. To aid in the process, you can also see a dermatologist after your baby is born for treatment options, including medicated creams, laser treatments, and light treatments that can reduce his or her appearance. A birth plan is simply a written document describing your preferences for labor and labor. It should reflect how your health care provider, hospital staff, partner, and any other member of your chosen support team can help you have a positive birth experience. Think of this as an opportunity to explore your options; discover what you want and what you would like to avoid; identify any questions you may have; and feel more confident about what to expect. In fact, I find that a woman with a birth plan is the ideal patient to work with. She has done her research and taken the time to distill what is important to her. Allison Hill, MD, OB/GYN According to Dr. Hill, a great place to start developing your birth plan is: Asking yourself important questions like: What would an ideal birth look like for me? What is really important in my childbirth experience? Avoid a list of I don't want to and I do want to statements alone don't help your health care provider the reasons behind your preferences, which is the most important thing. Understand that if labor takes an unexpected turn, your plan won't stop health care provider to offer or proceed with appropriate interventions for your baby's health and safety. Include instructions on how you'd like to receive information while you're in labor or postpartum (for example, all the details compared to just the big picture). Write down what consent means to you, which makes you feel safe and respected, and what kind of contact and touch is helpful. Recognizing that birth plans must be fluid and that you are allowed to change your mind. Continue eating healthy, balanced meals. Continue prenatal exercise and Kegell exercises. Moisturize your growing and stretching skin. Start researching and writing your birth plan. Between week 27 and week 36, your pregnant partner will be vaccinated against whooping cough (pertussis), ensuring that the mother's antibodies will be transmitted to the baby, protecting them from the disease after birth. But it's not just moms-to-be who need to be vaccinated. All adolescents and adults who will be in close contact with their newborn, including caregivers, should be up to date with their Tdap vaccine. Give your primary care doctor a call to find out if you need the injection, and take the job of sharing this information with those who will be near your little one. Your next prenatal appointment is likely to be about 28 weeks (the first of many third trimester visits). Your doctor may offer you the whooping cough vaccine , also called Tdap, between 27 weeks and 36 weeks, according to CDC recommendations to help protect your baby after birth. While your favorite body lotion or oil can do the trick, many moms-to-be opt for specialized products that try to double serve by moisturizing the skin and potentially helping to reduce or minimize stretch marks. If you opt for a moisturizing stretch marks product, make sure it's safe to use during pregnancy. If you're not sure, check the ingredient list with your doctor or partner. One of the health conditions your provider will detect during your pregnancy is gestational diabetes. The initial screening test is usually done between week 24 and week 28. If the screening results are outside the normal ranges, your doctor will offer a follow-up test known as the 3-hour oral glucose tolerance test (OGTT). The results of these two tests will determine if you have gestational diabetes. Any new diagnosis during pregnancy can be frightening, and gestational diabetes can put both you and your baby at risk of preterm birth and complications during and after birth. However, by following your doctor's recommendations and being carefully controlled, you can work together to decrease Risks. If you're diagnosed with gestational diabetes, the best thing you can do your and your baby's health is to take steps to keep your blood sugar levels under control. Your doctor may recommend that you work with a registered dietitian experienced in managing gestational diabetes through diet. If you do, accept additional support. Work with your health care provider to make sure you're consuming a healthy balance of carbohydrates, protein, and fats with every meal and snack and look for new recipes and meal ideas that meet your recommendations. Walking, swimming or taking a prenatal fitness class; Regular and moderate exercise can help your body better regulate insulin production and blood sugar levels. Depending on your provider's recommendations, you may also need to test and monitor your blood sugar levels at home. If these maintenance measures do not successfully manage your blood sugar levels, your health care provider may also prescribe insulin. Gestational diabetes usually goes away after giving birth. However, once you've had gestational diabetes, the chances of developing it again with future pregnancies increase. This week, your baby keeps growing and if you can peek inside, you may see them showing some of the reflexes they'll show as a newborn. Next week marks the last week of the second trimester, and as you approach the third trimester, your focus may begin to change from pregnancy to labor, do you start thinking about your birth plan? Page 20 All right / Bailey Mariner At 27 weeks of pregnancy, your baby is busy building new neural connections in the brain and practicing the muscle movements needed to breathe after birth. In the meantime, you're in the last week of your second trimester. 27 weeks pregnant is how many months? 6 months and 3 weeks What Quarter? Second trimester How many weeks to go? 13 weeks At 27 weeks of pregnancy, a baby is just over 9 1/2 inches (24.4 centimeters) from the top of his or her head to the bottom of his buttocks (known as the length of the crown-rump), and the baby's height is more than 13 1/2 inches (34.7 centimeters) from the top of the head to the heel (heel length). your baby weighs more than 36 ounces or 2 1/4 pounds (1,039 grams). Muvvelly/Bailey Mariner Your baby's brain is now more active than ever. Neurons and synapses (where brain cells meet) are forming and making a system of complex connections in all areas of the brain. Small air sacs in the lungs (called alveoli) are expanding to help your baby drink and exchange air after birth. Meanwhile, lung cells are doing the small amount of surfactant needed to prevent collapse. Your baby is spending about 10% to 20% of his time doing practice breaths. Practice. However, research has found that up to 90% of babies born at 27 weeks will survive with additional support in the NICU. Explore some of your baby's week 27 milestones in this interactive experience. Turning the corner into the third trimester usually appears with a new set of pregnancy-related symptoms and discomfort. This week you may notice significant breast and hemorrhoid growth as pregnancy-related hormones continue to affect your body systems (including digestion) and continue to gain weight consistently. Healthy weight gain is a necessary part of pregnancy. Part of the added weight is the result of your growing baby, placenta, amniotic fluid and uterus. All of the extra blood your body is producing and retained water also plays a role in weight gain. Perhaps not surprisingly, her breasts also represent a certain extra weight of pregnancy. When you're pregnant, it's the milk-making tissue that's growing in preparation for your baby. This growth changes the size and weight of the breasts. Hemorrhoids are very common at this stage of pregnancy that affects between 25% and 35% of people who are pregnant., itching and bleeding. They can also make it painful to move your intestines. Changes in the breasts and hemorrhoids are among the pregnancy-related symptoms that are also a common part of the postpartum experience. Learning to deal with them while you're still pregnant will not only help you feel more comfortable now, but knowledge can do you good in the coming weeks. Some people who are pregnant only experience small changes in breast size during but others experience major changes. Larger, heavier breasts can be uncomfortable and cause back pain, especially if the bras before pregnancy are not at the same time to support the extra weight. To help reduce discomfort, you can: Make sure you have a comfortable, supportive bra that fits your changing shape Opt for wider, padded bra straps that can better distribute weight and relieve shoulder discomfort. Try sleeping in a comfortable sports bra if you feel uncomfortable at night in bed. Talk to your doctor if you have any concern about breast changes. As pregnancy progresses and the belly becomes larger and heavier, hemorrhoids can become a problem. Eat plenty of healthy fiber, such as whole wheat, fruit, fruits with skins, vegetables, brown rice and lentils, to help regularly. Drink plenty of water to keep your digestive tract moving and stools soft. Don't try hard while you're in the toilet (constipation-related effort can cause hemorrhoids). Exercise to help move waste through your intestines. Take a sitz bath with warm or cold water, you can use a sitz bath product that fits directly over your toilet or simply fill your tub with several inches of water. Talk to your doctor about a safe stool softener and a cream to relieve itching and pain. Eat healthy foods, including high-fiber foods. Drink plenty of healthy fluids. Find a comfortable and supportive bra. Add foods high in fiber and magnesium to your food list. Start the car seat investigation. 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Forgetfulness, nasal congestion and skin changes can stay to stay for three to six months after pregnancy, but knowledge can do you good in the coming weeks. Some people who are pregnant only experience small changes in breast size during but others experience major changes. Larger, heavier breasts can be uncomfortable and cause back pain, especially if the bras before pregnancy are not at the same time to support the extra weight. To help reduce discomfort, you can: Make sure you have a comfortable, supportive bra that fits your changing shape Opt for wider, padded bra straps that can better distribute weight and relieve shoulder discomfort. Try sleeping in a comfortable sports bra if you feel uncomfortable at night in bed. Talk to your doctor if you have any concern about breast changes. As pregnancy progresses and the belly becomes larger and heavier, hemorrhoids can become a problem. Eat plenty of healthy fiber, such as whole wheat, fruit, fruits with skins, vegetables, brown rice and lentils, to help regularly. Drink plenty of water to keep your digestive tract moving and stools soft. Don't try hard while you're in the toilet (constipation-related effort can cause hemorrhoids). Exercise to help move waste through your intestines. Take a sitz bath with warm or cold water, you can use a sitz bath product that fits directly over your toilet or simply fill your tub with several inches of water. Talk to your doctor about a safe stool softener and a cream to relieve itching and pain. Eat healthy foods, including high-fiber foods. Drink plenty of healthy fluids. Find a comfortable and supportive bra. Add foods high in fiber and magnesium to your food list. Start the car seat investigation. Most hospitals require parents to have a car seat properly installed and appropriate for the baby before taking their newborn home. Your pregnant partner can already have their eye on a car seat or travel system, but if not, this is a must-have for babies who can take the initiative. Before you help choose one: Familiarize yourself with all of the current American Academy of Pediatrics (AAP) car seat safety guidelines. Keep in mind that experts recommend that infants and young children travel backwards for as long as possible. Both baby seats and convertible seats will offer this option, but different products and brands will have different height and weight limitations on backward-facing positions. Consumer Reports advises that it's best to avoid buying a used seat, as it can be difficult to determine accident history, expiration dates and withdrawals. Plan to get help with the installation. Consider contacting a child passenger safety technician (CPST) who can make sure your seat is properly installed. Your local police or health department may also offer this service. The CDC recommends that all pregnant women receive the whooping cough (Tdap) vaccine between 27 and 36 weeks of each pregnancy. Because babies cannot be vaccinated against whooping cough (also called whooping cough) until they are 2 months old, it's important that you pass the antibodies to your baby before birth by receiving Tdap yourself. To maximize the response of antibodies, it's best to get the injection as close as possible to 27 weeks. The vaccine is safe for both you and your baby. The most common side effects of the vaccine include: Pain, redness or swelling at the injection siteFeverHeadacheEver Once vaccinated, you will not get whooping cough and will run the risk of passing it on to your baby and through your immunity. Your baby will be better protected against it from external sources. However, others who are not vaccinated can still pass this serious disease on to their baby. It's important that your partner and anyone else near your baby are also vaccinated. Your next routine prenatal visit will be around week 28 (next week). Upcoming tests may include: A blood test for Rh antibodies next week Tests for high-risk pregnancies after week 32 Even if you plan to snuggle up in During the newborn period, a safe car seat is a must-have to take your baby home from the hospital or delivery center after birth and to end from pediatrician visits (of which there will be many in the first year). Choosing the best car seat for your family's lifestyle requires a lot of research. To help reduce clutter, review current safety guidelines and look for recommendations from trusted family, friends, and expert sources. Starting at week 20, your provider is likely to start measuring the size of your uterus (known as fundal height), which helps track your baby's growth. If your provider notices that your uterus feels or measures smaller than you expected during a prenatal exam, you can order an ultrasound to check your baby's growth. Intrauterine growth restriction (IUGR) means that a baby is not growing as expected. Aside from a smaller-than-expected ultrasound or background height measurement, you may not have any signs indicating IUGR. IUGR has many causes, including factors related to the mother's health, baby health or a pregnancy problem, such as problems with the placenta. Consumption of substances such as smoking and drug and alcohol use can also lead to growth problems. To treat this condition, your doctor will try to determine and treat the cause. Treatment may also include: More frequent monitoringThe treatment of special tests for high-risk pregnancy for high-risk pregnancy, such as a non-stress test, a contraction test, and a biophysical profileBedrestHospital treatment with intravenous nutrition and other medications Next week of your third trimester and the start of more frequent prenatal visits with your doctor or mid level midwifery care. You'll have more opportunities to check and ask questions. Take this time to continue developing your relationship with your provider so you can feel safe entering this final phase of pregnancy and prepare to meet your baby. Page 21 Vervelly / Bailey Mariner Not all experts agree on when each trimester begins and ends, but once you reach 28 weeks the American College of Obstetrics and Gynecologists (ACOG) considers that you are in the first week of pregnancy. You're one step closer to meeting your baby. 28 weeks pregnant is how many months? 6 months and 4 weeks What Quarter? Second trimester How many weeks to go? 12 weeks At 28 weeks of pregnancy, a baby typically measures about 10 inches (25.4 centimeters) from the top of the head to the bottom of his buttocks (known as the length of the crown-rump), and the height of the baby is more than 14 inches (36.1 centimeters) from the top of his head to his heel (crown length). the baby's weight is about 42 ounces or 2 1/2 pounds (1,189 grams). Your brain tissue is developing the ridges and grooves that give the brain babies begin to have eye movements as soon as 14 weeks, but these movements increase by about 28 weeks. The increased frequency of eye movements is associated with REM sleep and healthy brain development. It provides your baby with nutrients and oxygen and helps eliminate their waste products. The umbilical cord was completely formed at week 12, but has continued to grow in both diameter and length. By the time a full-term baby is born, the umbilical cord will be 1 to 3 feet (30-100 centimeters) long and more than 1/2 inch (16 millimeters) wide. With specialized care, a baby born prematurely at 28 weeks has a 94% chance of surviving outside the womb. As you move from the second trimester to the third trimester, you may see an increase in new symptoms and the return of symptoms after weeks before. 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