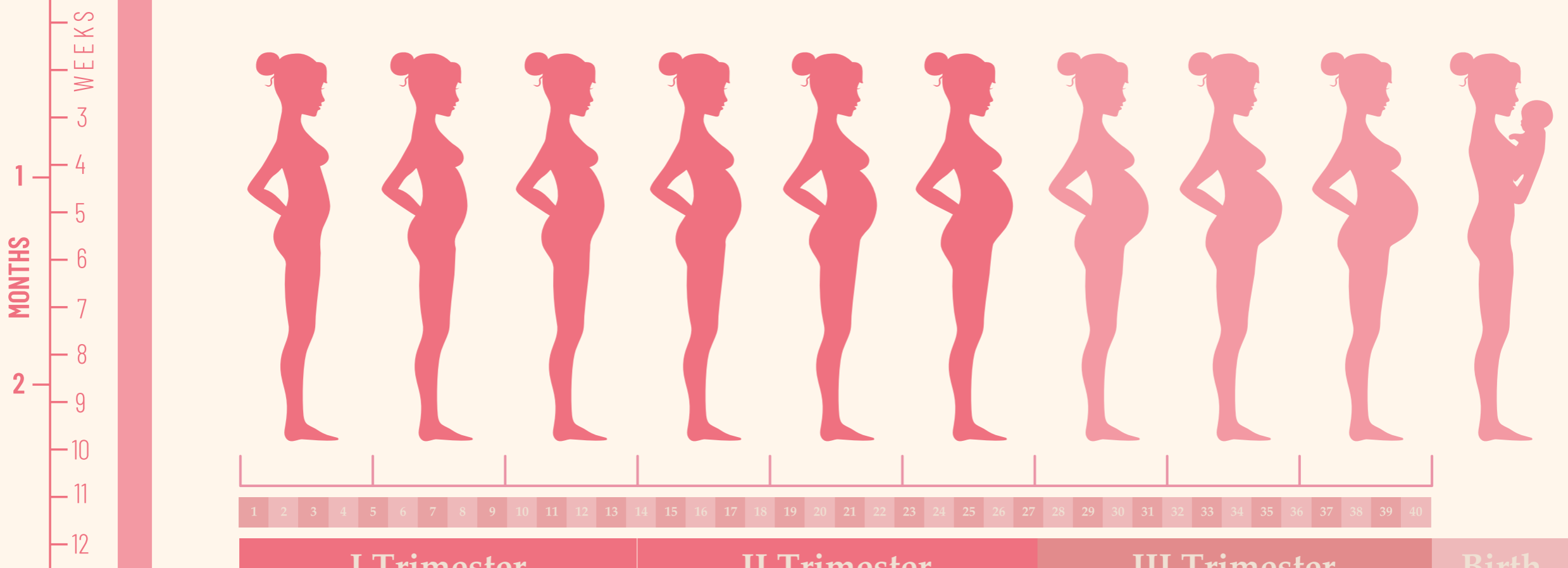


Your pregnancy week by week: weeks 25 & 26 & 27



Physically and emotionally, pregnancy can be exhausting. For you and your partner, the pregnant journey might feel like an emotional roller coaster at times. Keep talking to each other; being honest about your feelings might make you both feel more supported.

In weeks 25, 26, and 27, here's what to expect



Week 25

The 25th Week of Pregnancy

What is happening with your baby at 25 weeks pregnant^{1,2}?

- The baby is very active and reacts to touch and sound. You'll be able to tell if they jump and kick because of loud noise.¹

- Your baby is passing pee into the amniotic fluid on a daily basis. The baby may get hiccups from time to time, and you can feel the jerk of each hiccup.¹



How big is your baby when you are 25 weeks pregnant?

Your baby is approximately the size of a head of cauliflower, and the weight of four potatoes.³



| Your Body

- Swelling in your hands or feet is possible. This could be due to water retention, which is common; consider resting and elevating your swollen feet to alleviate the problem.¹
 - Make sure to tell your doctor if you're experiencing any swelling so they can check your blood pressure and rule out pre-eclampsia, which can cause swelling.¹



Week 26

The 26th Week of Pregnancy

What is happening with your baby when you are 26 weeks pregnant^{4,5}?

- The baby's eyelids are now opening for the first time, and they will shortly begin blinking. Your baby's eyes will not turn the color they will remain until a few weeks after birth.

How big is your baby when you are 26 weeks pregnant?

Your baby is approximately the size of small marrow, and the weight of six large carrots.⁶



| Your Body⁴

- Because the muscles of the pelvic floor are weakened during pregnancy and birth, you may notice that you leak pee when you cough, sneeze, or strain your stomach muscles.
 - Pelvic floor exercises can help to strengthen the muscles and improve their functionality.



Week 27

The 27th Week of Pregnancy

What is happening with your baby when you are 27 weeks pregnant^{7,8}?

- Your baby's heart rate should be around 140 beats per minute at this point. Even so, this is a lot faster than your own heart rate.



- The brain, lungs, and digestive system of your baby have formed but are still developing.

How big is your baby when you are 27 weeks pregnant?

Your baby is approximately the size of a big leek, and the weight of a head of cauliflower.⁹



| Your Body⁹

- You've probably gained a few pounds and are experiencing bloating and constipation. This is due in part to your growing baby squeezing your stomach, and in part to the pregnancy hormone progesterone.
 - Drink plenty of water,
 - pick high-fiber foods (such as brown bread instead of white),
 - eat plenty of fresh fruits and vegetables.



Tips for making your pregnancy better

• How to Perform Pelvic Floor Exercising:¹⁰

- Close your bottom as if you're trying to prevent yourself from going to the toilet
- at the same time, draw in your vagina as if you were gripping a tampon, and your urethra as if you were trying to stop the flow of urine
- at first, perform this exercise quickly, tightening and releasing the muscles as quickly as possible,
- then slowly, holding the contractions for as long as possible before relaxing: Try counting to 10.
- Every day, try to do three sets of 8 squeezes: You could do a set at each meal to help you remember.

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