

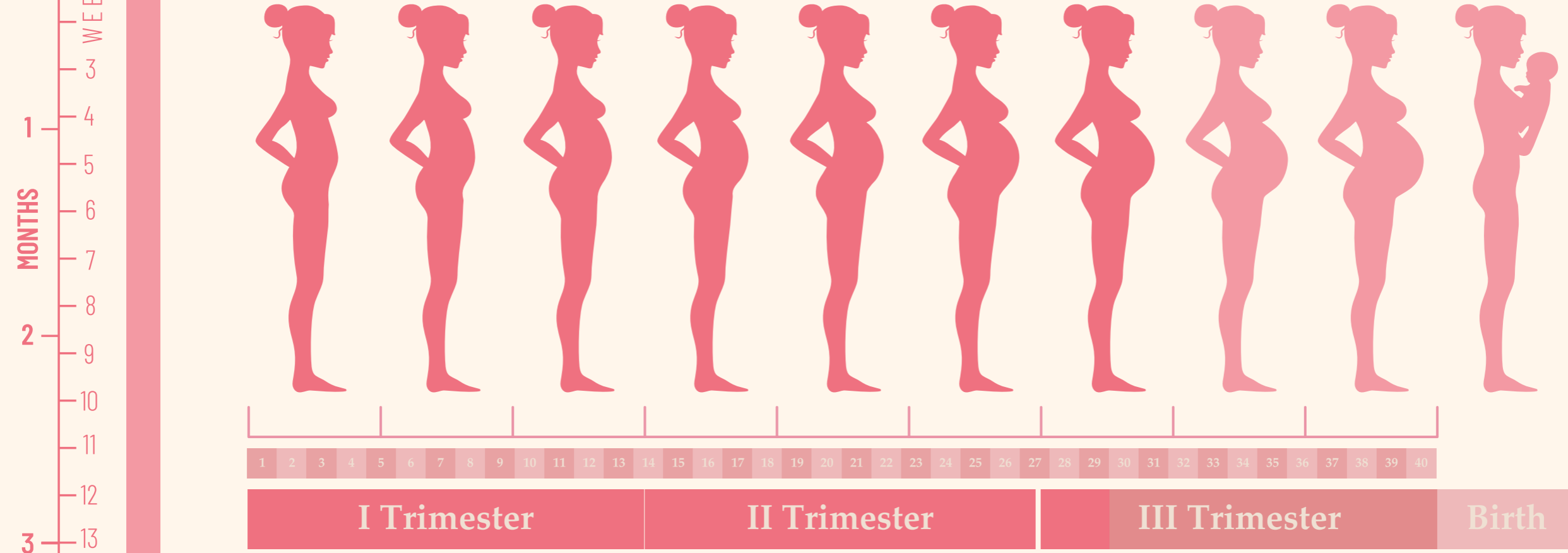
Your pregnancy week by week: weeks 28 & 29



Welcome to the third trimester! Pregnancy is divided into three stages, known as trimesters.... **and you're now in the third.**

You'll probably start to feel a little more uncomfortable and tired in the coming weeks.

Here is a list of suggestions to help you get through the 28th and 29th weeks of pregnancy.

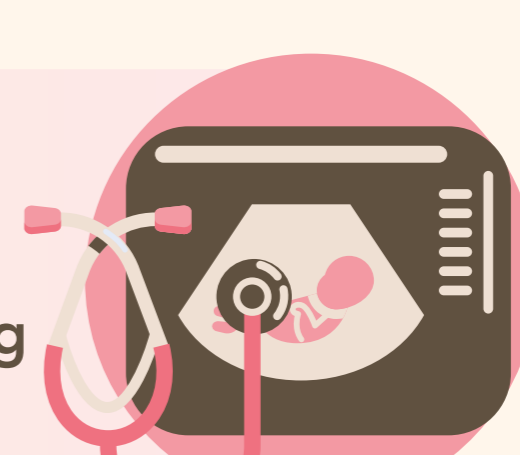


Week
28

The 28th Week of Pregnancy

What is happening with your baby at 28 weeks pregnant^{1,2}?

- A stethoscope can now be **used to listen to the baby's heartbeat**. Your partner may be able to hear it if he puts an ear to your bump, **but finding the right spot can be difficult.**



- Your baby's weight continues to **rise as more fat accumulates beneath the skin.**

How big is your baby when you are 28 weeks pregnant?

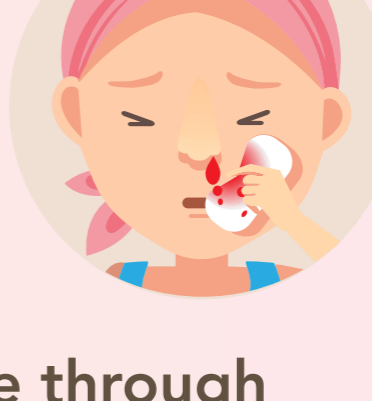
Your baby is approximately **the size of a pineapple**, and **the weight of a big bag of brown sugar.**³



Your Body

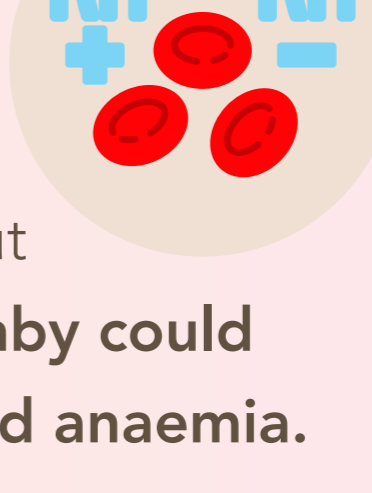
- Due to hormonal changes, **nosebleeds are common during pregnancy and can occur while you are sleeping.** What you can do is as follows:³

- o Pinch your nose just above your nostrils for 10 to 15 minutes, then **lean forward and breathe through your mouth.**
- o Apply an icepack (or a **bag of frozen peas wrapped in a teatowel**) to the bridge of your nose.



- Early on in your pregnancy, **your health care practitioner most likely sent you for certain blood testing.**²

- o **The Rh factor**, a protein found in most people's red blood cells, is one item blood tests look for.
- o If you don't have it (if you're Rh negative), but your kid does (if he or she is Rh positive), **your baby could develop health concerns including jaundice and anaemia.**



- Your doctor can help you avoid these complications by **giving Rh immune globulin shots this week and again after birth.**

Week
29

The 29th Week of Pregnancy

What is happening with your baby when you are 29 weeks pregnant^{4,5}?

- At this point, your baby is still very active, and you'll probably notice a lot of movements. Every pregnancy is different, so there is no standard number of movements you should feel each day



- I should be aware of your baby's unique movement pattern. Please notify your doctor or hospital if this pattern changes.

How big is your baby when you are 29 weeks pregnant?

Your baby is approximately **the size of a butternut squash** and **the weight of a small chicken.**⁶



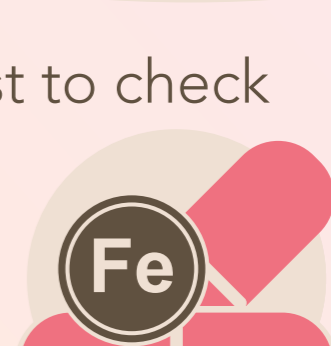
Your Body⁵

- Iron is necessary for **the replenishment of red blood cells during pregnancy.** Every day, you should consume at least **30 milligrams of iron.**

- o Because **iron shortage is prevalent during pregnancy**, your doctor may advise you to get a blood test to check your iron levels.



- o If your iron level is low, you may need to **take an iron supplement.**



Tips for making your pregnancy better

- Have a great time! **Dancing is a wonderful way to stay active and have fun**, and there are a variety of types to select from, including ballroom and Bollywood.³

- o Why not get your hips moving by taking a **belly dancing class online?** Although there is no sufficient evidence to support this, **some practitioners feel it prepares the body for labor.**



- **Even if you think your baby's birth is still weeks away**, you should start making plans for the trip to the hospital now.⁷

- o This is particularly useful **if your baby decides to arrive early.**
- o Make sure you always have your partner's phone number(s) with you so **you can contact him if you go into labor.**
- o It's also a good idea to **have a backup plan in case he's unavailable.**
- o **You'll also want to plan out the several routes to your birthing spot.** This part of the planning process excites some men since it allows them to be creative and locate the shortest and quickest route available.

References:

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