

4th Trimester Newsletter

Week 1 Newsletter: 3rd Trimester

Welcome to our first 3 part edition of our 4th trimester group newsletter! Today we will be talking about what is really going on in your last trimester of pregnancy. What are some new things you may experience, how to prepare now that baby is right around the corner, and what baby is growing through developmentally in these last few weeks. We invite you to join us!



Welcome to the 3rd trimester!

Whew! What a long journey to get to this point! Now you are in the home stretch, but what is going on with baby and your body? With each new trimester, you will go through even more changes before baby arrives. What are some things that you can be feeling?

- Braxton Hicks Contractions
- Leg Cramping
- Heartburn
- Shortness of breath
- Swelling (feet, legs, and hands)
- Backaches and general discomfort throughout the body

- Frequent urination (all the time)
- Faster hair growth from hormone changes
- Hot flashes or feeling more hot than normal
- Skin hyperpigmentation may occur
- Sex drive may drop or increase
- And possibly much more!

Emotions can run high during this time. Between being heavier and possibly uncomfortable, anticipation of baby, getting everything prepared, possibly putting your last few weeks into work and more, you may be feeling more stressed than normal. You may also feel the urge to get everything prepared if you haven't done so already. That natural instinct is called "nesting". This typically happens during the third trimester. This urge helps you mentally prepare for baby's arrival!

Some tests and routine evaluations you will be asked to do:

- Urine sampling (testing for proteins in the urine)
- Blood Draw
- Weight
- Blood Pressure
- Pelvic exam
- Ultrasound
- Group B Streptococcus Screening (vaginal and rectal swab)
- Nonstress Test
- Any other recommended vaccinations

Learn more about the 3rd Trimester:

<https://youtu.be/lpDW00nQhUo>

Baby's Development



Baby is almost here! During these last few weeks baby will continue to grow in size and weight. By this point you may have noticed that you are feeling stronger kicks as baby is taking up more space and baby is stretching out more. Around week 28 baby can start to partially open their eyes in the womb! Their nervous system can also control their breathing and body temperature. By week 31/32, baby has done most of the major growth. This is when baby starts to develop at a rapid pace and starts to pick up quickly. You may have heard that during the last few weeks (and you may have noticed) that you may be eating more but not gaining much more weight- or that it may be “going all to the baby”. This is actually true. You may gain a little more weight, but, most of the weight gain baby will be doing! Lungs are still developing and may not fully be opening up yet. *If you are getting induced early for medical reasons, you may need to get two injections to open up your baby's lungs before going to the hospital.* Some other cool facts about baby:

- For many babies their eyes are blue in the womb and maybe even shortly after birth, but their actual eye color will change days, weeks, or even months after birth!
- Their bones and skull are formed but are soft so they can pass through the birth canal
- Baby can actually suck their thumb
- Baby can cry, hear, and partially see (although not well)

As you dive into the last 3 weeks of pregnancy (week 37+) you have officially made it to “full term”. Baby will likely be an average of 6-9 pounds and measuring somewhere between 19-22 inches! And with baby rapidly gaining weight and increasing in length the more you may feel out of breath. Your uterus is the size of your entire stomach up to your breast bone and baby will need all that space until the special time comes! Baby may have also already dropped and may

have flipped into the correct birthing position - head down! Your OB may continually check on baby's position to see if they are in the correct position and if not, they can wait to see if baby flips or they can try and move baby themselves for easy delivery!

Nutrition: 3rd Trimester

Unless recommended otherwise, you should still be taking a prenatal vitamin. Important nutrients for this last trimester of pregnancy include Vitamin D, magnesium, iron, omega3s, calcium, folic acid, and more. You should try and eat a "well balanced" diet. This includes vegetables, protein, fruit, dairy, oils, and fats.



Smoothie Recipe:



- 1-1/2 cups frozen organic berries
- 1 organic banana
- 2 tablespoon organic virgin coconut oil
- 1 tablespoon flax seeds or flax meal
- 1 tablespoon hemp hearts
- big handful of organic greens, *I use a baby kale, spinach and chard blend*
- 6-8 ounces unsweetened vanilla almond milk

Nutrition Facts: Calories: 595, Total Carbs: 66.3g, Protein: 7.7g, Fat: 37.2g, Fiber: 14.7g, Net Carbs: 52g

More information at: <https://www.tasteslovely.com/ultimate-superfood-pregnancy-smoothie/>

