



## **The 6<sup>th</sup> Month**

*Weeks 24 to 28*

### *Your Baby*

- Your baby will measure about 14 to 15 inches long and weigh about 2 to 2 ½ pounds by the end of this month
- Parts of the baby will be big enough to be felt by your doctor or midwife when they examine your belly
- Your baby can respond to noises from the outside; it may move or become quiet
- It can kick, cry, and hiccup
- Its skin is still wrinkled and red
- Its eyelids can now open and close; its eyes are almost completely developed for life outside
- Ridges for fingerprints are forming

### *Your Body*

- You may have occasional heartburn, especially if you eat heavy, greasy, or spicy foods
- Your uterus is now felt above the bellybutton
- You may notice some tightening and relaxing of your uterus – these contractions are necessary for your uterus to grow and are one of your body's first preparations for labor
- Your sex drive may increase or decrease; it may change from week to week
- Stretch marks may show up on your belly, hips, legs, and breasts as you gain weight
- Your weight gain continues to be about 3 to 4 pounds per month
- Your appetite is good; you have probably forgotten about nausea most of the time now
- You may find yourself dwelling on all the things that can go wrong with your baby; most women do at some time in pregnancy
- You find yourself getting more and more involved with your baby as it grows inside you
- You look healthy – there is a special glow to your skin and a sparkle in your eyes

### *Your Responsibilities*

- Get your prenatal check-ups on schedule – even if you feel great
- If you plan to breastfeed, find out how to prepare; if you plan to bottle feed, then check on the supplies you will need
- Take rest periods as needed to avoid drooping at the end of the day; try to lie on your side and relax
- Continue to eat a good diet with plenty of fruits, vegetables, whole grains, and lean protein
- Start collecting items for the baby's first few weeks
- When family or friends ask, let them know what you and the baby will need
- Talk with other parents about their birth experiences; if they scare you, write down questions to ask your doctor or nurse
- Take time to talk about how you feel about your body changing