



My Pregnancy

at 33-36 Weeks

- ♥ We are getting closer to my birthday...
- ♥ Are you ready?
- ♥ Who will help you take care of me?

Prepare for your baby...

Your baby's brain at 35 weeks weighs only 66% of what it weighs at 39 weeks. Your baby needs this time to grow.



Call your health provider if you have:

- Bleeding or fluid leaking from vagina.
- Nausea or vomiting that will not stop.
- A severe, frequent or continuous headache.
- Vision changes...blurring, double vision or spots.
- Swelling of the face or fingers.
- Severe or unusual pain in the abdomen.
- Chills and a fever.

Did you know...

- Getting a Tdap at the end of every pregnancy helps protect you and your new baby from whooping cough
- There is help available if you do not feel safe in your home
- Your WIC package gives increased food benefits when you choose to breastfeed
- Baby's first immunization will be in the hospital with the Hepatitis B vaccine

You May

- ♥ Have trouble breathing as your baby continues to grow.
 - Sit and stand as straight as possible
 - Eat small, frequent meals to improve breathing and decrease heartburn
 - Slow down and rest
- ♥ Have difficulty sleeping
 - Avoid late night meals
 - Avoid caffeine
 - Take an evening walk
 - Try relaxation exercises
 - Use an extra pillow or 2
- ♥ Be more sensitive and anxious
 - You are a wonderful person doing important work!



Watch me grow!

- I am 16 – 19 inches long and weigh about 4 – 5 pounds.
- I don't move around as much, but my kicks are very strong.
- I am beginning to collect fat that will help to keep me warm after I am born.
- My brain, lungs, and other organs are still growing. I can hear, taste, and enjoy your touch.
- Read to me.

Smoking Cessation Facts

If you quit now:

- Your baby is more likely to be a healthy weight.
- Your baby is less likely to have withdrawal from nicotine after birth.

Just a Thought

After your baby is born and you leave the hospital, questions may arise about newborn care, feeding, and family changes. The Health Department and your healthcare provider are pleased to offer a home visit by an experienced, knowledgeable nurse as an extension of our care for you and your baby. The visit, which is part of the Healthy Futures program is available for anyone, is at your convenience and is no cost to you. There will be more information about the Healthy Futures program home visit at the hospital.

To obtain more information before your hospital stay visit:

<https://www.grandtraverse.org/631/Healthy-Futures>



Things We Need

- Swaddle blanket for safe sleep
- Infant car seat

Things to Do

- Attend pre-birth classes
- Decide if circumcision will be done for baby boy



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.



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