**Second Trimester – 19 Weeks**

**How your baby is growing:**

Baby measures about 6 inches long and weighs around 8.5 ounces, about the size of a mango. A whitish coat vernix caseosa begins to cover your baby, protecting her skin during its long immersion in amniotic fluid. This is a crucial stage for the development of her senses. Your baby can now hear and recognize your voice. Your baby's swallowing more this week, several ounces of amniotic fluid each day, which is good practice for her digestive system. Baby also has working taste buds.

**Common pregnancy symptoms at 19 weeks include:**

* Breathlessness. As your uterus expands, it pushes against your lungs.
* [Leg cramps](http://pregnant.thebump.com/pregnancy/first-trimester/qa/leg-cramps-during-pregnancy.aspx). Be sure to do stretches and drink plenty of water.
* [Heartburn](http://pregnant.thebump.com/pregnancy/third-trimester/qa/heartburn-during-pregnancy.aspx) and/or [indigestion](http://pregnant.thebump.com/pregnancy/second-trimester/qa/how-to-get-rid-of-bloating-and-indigestion.aspx), as baby starts to crowd your digestive sytem.
* [Mild swelling](http://pregnant.thebump.com/pregnancy/third-trimester/qa/swollen-feet-and-ankles-during-pregnancy.aspx) in your ankles or wrists (causing the tingling sensations or pain of carpal tunnel). Put your feet up in the evenings and try gentle stretches or a wrist brace for wrist pain.
* Insomnia. Try a warm bath, essential oils, dim lighting, deep breathing, and relaxation techniques.

**What you should do:**

Make sure you're getting enough iron. Your baby needs it to make red blood cells, among other things. Iron-rich foods include lean red meat, poultry, fish, lentils, leafy green vegetables and iron-fortified cereals. Pay attention to if you feel tired, dizzy, or short of breath. Listen to your body and don’t push yourself too hard.

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| **Date** | **Weeks** | **Hgb** | **Blood pressure** | **Fundal height** | **Baby's heart rate** |
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| **Notes:** |  |  |  |  |  |  |  |  |
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**Next appointment date & time:**