 **Third Trimester – 28 Weeks**

**How your baby is growing:**

Baby measures about 15 inches long and weighs around 3 pounds, about the size of a head of iceberg lettuce. With more brain tissue developing, your baby's brain is very active now. Some experts believe that babies begin to dream by week 28. Baby is practicing inhaling and exhaling with his rapidly developing lungs. During this week it is very common for your baby to begin having short spells of the hiccups. She's sleeping and waking at regular intervals, opening and closing her eyes, and perhaps even sucking her fingers.

**Common pregnancy symptoms at 28 weeks include:**

* Toning contractions, also known as Braxton Hicks contractions. These are your uterus preparing for the hard work of labor. You will feel a tightening sensation in your lower back or uterus. These may be uncomfortable, but should not be painful. If they become regular and painful, let me know.
* Leg cramps, backaches, constipation, and hemorrhoids.
* Skin, hair, and nail changes. They may be thicker, grow faster, or be more brittle.

**What you should do:**

Swelling in your feet and ankles is normal, but watch for swelling in your hands or face, and visual disturbances. Your sense of balance may change as your stomach grows bigger. Be careful when doing activities that may cause you to lose your balance. Try to eat foods high in Omega 3 fatty acids to help your baby’s brain development, such as fish and fish oil, flax seeds and flax oil, chia seeds, and walnuts.

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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 day & time:**