 **Third Trimester – 30 Weeks**

**How your baby is growing:**

Baby measures about 16 inches and weighs around 3.5 pounds, about the size of a head of cabbage. Baby’s growth in terms of length will soon slow down, but will continue to gain weight until he's born. Your baby's lungs and digestive tract are almost fully developed. She continues to open and shut her eyes and can bat her eyelashes. She can probably tell light from dark. If you shine a light on your stomach, your baby may move her head to follow the light or even reach out to touch the moving glow. Baby’s skin is getting smoother, and he's now strong enough to grasp a finger!

**Common pregnancy symptoms at 30 weeks include:**

* Trouble sleeping. Warm baths, drinking hot tea in the evenings, breathing deeply, and essential oils may help you sleep better.
* Vivid dreams

**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:**