**Third Trimester – 34 Weeks**

**How your baby is growing:**

Baby measures about 17.5 inches long and weighs around 5 pounds, about the size of a pineapple. Baby may grow up to a full inch this week! Baby is keeping his eyes open while awake. Baby’s also starting to coordinate breathing with sucking and swallowing. Baby’s bones are hardening and major brain development is also occurring.

**Common pregnancy symptoms at 34 weeks include:**

* Your metabolic rate is rising rapidly, which may leave you [feeling overheated](http://pregnant.thebump.com/pregnancy-week-by-week/33-weeks-pregnant/qa/why-am-i-always-hot-during-pregnancy.aspx).
* [Headaches](http://pregnant.thebump.com/pregnancy/first-trimester/qa/ways-to-deal-with-headaches-during-pregnancy.aspx), due to hormone fluctuations, [stress](http://pregnant.thebump.com/pregnancy/second-trimester/qa/does-stress-affect-pregnancy.aspx) or [dehydration](http://pregnant.thebump.com/pregnancy/first-trimester/qa/staying-hydrated-during-pregnancy.aspx).
* Edema (swelling due to water retention) in your feet, ankles, and hands, often worse in warm weather and later in the day. Drinking plenty of water will help.
* Forgetfulness and clumsiness, also known as [baby brain](http://pregnant.thebump.com/pregnancy/first-trimester/qa/is-pregnancy-brain-real.aspx). This is normal.

**What you should do:**

By now, your baby is probably [head down in your uterus](http://www.babycentre.co.uk/a544493/getting-your-baby-into-position-for-birth). Most babies are head-down at this point, though some continue to change position. Pay attention if you feel like baby is moving or flipping more than usual. Make sure you are drinking plenty of water and clear fluids to stay hydrated. Rest as much as you can and elevate your legs when possible.

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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:**