**Third Trimester – 36 Weeks**

**How your baby is growing:**

Baby measures about 19 inches and weighs around 6 pounds. Her fat layers — which will help regulate her body temperature once she's born — are filling her out, making her rounder. Her skin is also smoother than ever. Although your baby's central nervous system is still maturing, her lungs and digestive system are nearly fully developed by now. Baby can also recognize and react to sounds and simple songs. He's also urinating about a pint a day.

**Common pregnancy symptoms at 36 weeks include:**

* Dizziness. If you've been sitting or lying down for a long time, don't jump up too quickly. Blood can pool in your feet and legs, causing a temporary drop in your blood pressure when you get up that can make you feel dizzy.
* Tingling sensation, numbness, or pain in the pelvic region. This may be caused by the pelvic joints loosening in preparation ready for labor. Regular chiropractic adjustments will help.
* The need to urinate frequently. If the baby has dropped lower in your pelvis, this causes more pressure on your bladder.

**What you should do:**

Now is a very important time to boost you and your baby’s vitamin K levels in preparation for birth by eating lots of dark greens, such as kale, spinach, chard, and collards. Alfalfa and nettle tea or tablets are excellent. 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:**