

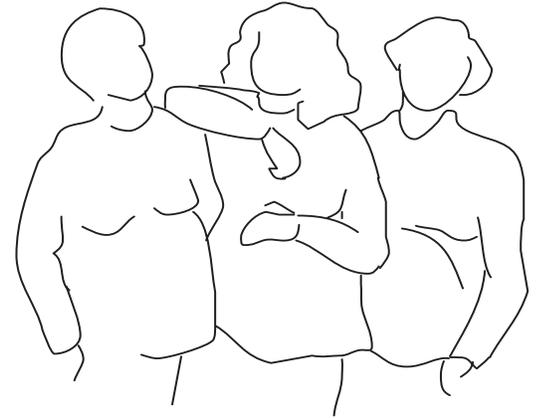


Smart Choices...

How Your Baby Grows

The Last Trimester

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During the last three months, your baby grows very fast. It is important that you eat enough food so you will gain weight. Much of the weight you gain goes to the baby. Alcohol, drugs and tobacco can cause your baby to come too early and be too small. Sexually transmitted diseases can also hurt your baby.

Month 7

Your baby:

- is about 15 inches long
- weighs 2 to 2 1/2 pounds
- kicks and stretches
- can hear your heartbeat and other sounds

You:

- can expect to gain about 3 to 4 pounds this month
- may begin to have ankles that swell. (You may need to lay down or prop your feet up.)

You should:

- avoid alcohol because it affects your baby's growth
- eat plenty of foods with calcium because the baby gets a lot of calcium from you in the last three months (Some calcium-rich foods are milk products, dry beans and dark green vegetables.)



Month 7

Month 8

Your baby:

- is about 16 1/2 inches long
- weighs about 4 pounds
- is developing smoother skin and longer hair

You:

- can expect to gain 3 to 5 pounds this month

You should:

- continue to eat a variety of foods
- continue to exercise lightly



Month 8

Month 9

Your baby:

- is about 20 inches long
- weighs 7 to 7 1/2 pounds
- is growing very rapidly
- is probably in a head down position to get ready for birth

You:

- can expect to gain 3 to 5 pounds this month
- may find it easier to breathe because the baby has moved lower
- can notice bumps and bulges due to the baby's elbows and knees

You should:

- continue to eat a variety of foods
- get plenty of rest
- not travel away from your nurse or doctor on long trips



Month 9

Please remember, your baby is depending on you to make smart choices like:

- The right kinds and amounts of foods to eat.
- Making and keeping your appointments with the clinic or doctor.
- Not using tobacco, drugs or alcohol.
- Avoiding sexually transmitted diseases.