

An Ultimate Guide to Your Growing Baby **3**

The third trimester is the final stretch of pregnancy! Learn what to expect from your last months of pregnancy.

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Now that you've reached the third trimester, you're in the home stretch of your pregnancy. You've only got a few more weeks to go, but this part of your pregnancy can be the most challenging.

Week 29

Baby

Baby's hearing has developed further, and is now able to distinguish even softer voices. Baby's heartbeat increases when mummy and daddy's voices are heard!

Mummy

You have finally started the third trimester and look forward to seeing your Baby soon!

As you start to set up the nursery, it is important to be safe when redecorating! Remember not to carry heavy things and to ensure good ventilation when exposed to fumes from fresh paint.

Week 30

Baby

Baby is putting on more fat to maintain body temperature at birth. If prematurely born at this time, there is already a very good chance of survival.

Baby now weighs 1.5kg.

Mummy

It is common to start feeling some tightening in the tummy. These are Braxton-Hicks contractions, which are just practices by the womb for labour. They are usually irregular and reasonably painless. As the final weeks approach, these contractions may become more frequent and intense.

Week 31

Baby

Baby's movements feel different because space is running out. The legs are folded at the knees and the arms are crossed, with the chin resting on the chest.

If not turned around yet, Baby will probably make this manoeuvre this week and get into position for the big move out through the birth canal!

Mummy

As Baby increases in size and stretch is felt all around, the diaphragm also gets pushed upwards. This is felt as discomfort just below the ribs accompanied by the sensation of breathlessness. To ease this, limit yourself to small meals to help minimise the contribution of stretch from a filled stomach. Being propped up in bed to sleep helps relief breathlessness as this helps the diaphragm stay down and keeps pressure away from the lungs.



Week 33

Baby

Although still premature and a little weak, baby is fully formed and almost the same proportions as he will be during birth.

Mummy & Daddy

Less than two months to go before the big pop! It is time to think about names! You plough through all the books on names you can find. This is your first gift to your Baby...a name for life, a name to be proud of!

Week 34

Baby

Most of Baby's organs are mature and the lungs will follow soon. Baby tries to breathe but there is no air, only liquid, and baby gets bouts of hiccups.

Head hair starts to grow.

Baby now measures 43 cm and weighs 2.3 kg.

Mummy

Before Baby's head is engaged, the stretch and discomfort at the ribs can be quite unbearable and sleep is disturbed by a sensation of breathlessness. This is most severe at this time.

Week 35

Baby

This week, the Baby's weight gain is considerable, with Baby becoming chubbier.

Most of the protective lanugo and vernix start to disappear leaving only a minimal coat for lubrication during the birthing process.

Baby's lungs are mostly matured and baby now weighs 2.5 kg.

Mummy

At this stage of pregnancy, your tummy is probably most prominent. The Baby's head will soon be engaged and you will feel "lightened". Breathlessness and heartburn will be relieved with this.

Week 36

Baby

Over the last trimester, Baby has been taking in your antibodies and will develop some protection from what you have passed on.

The rate of growth slows down but Baby is still growing and now measures 46.5 cm and weighs 2.7 kg.

Mummy

As Baby's head gets engaged, your bladder will feel the pressure and you will need to frequent the bathroom much more, both during the day and night. This situation feels familiar...you experienced similar discomforts during the first trimester when the whole womb was exerting pressure on your bladder.

Week 37

Baby

Baby has reached full term!

The fingernails have grown to the tips of the fingers and toes. All organs are mature.

Baby now weighs 2.9 kg.

Mummy

You have made it to full term! It starts to get really exciting as you finalise your birth plans with your doctor. You are careful to note the possible ways by which labour starts and take comfort in understanding the various options for managing labour pains.

Week 32

Baby

Baby's skin gets less wrinkly and the lanugo and vernix start to disappear. Baby also starts to get chubbier and approaches 2 kg in weight.

Mummy

You may feel more tired now. Part of the reasons for this is the 8kg that you have gained since the start of your pregnancy and this is weighing you down a little. If you continue to exercise frequently and stay active, this can be controlled. On the other hand, sitting excessively will result in early and more severe water retention, which worsens the weight gain and tiredness.

Week 38

Baby

Baby's lungs are ready to expand, reflexes are fully developed, and adipose tissues are in place under the skin for temperature control. In other words, Baby, measuring 50cm and weighing about 3kg, is ready for the world.

Mummy

Pelvic ligaments are softening resulting in a stretchy feeling in the groin area. This process prepares the pelvic bones to spread apart allowing the Baby's head to come down lower and eventually through the birth canal. This sensation makes you slightly nervous...you feel baby could "pop out" any moment!

Week 39 & 40

Baby

Baby's growth continues to slow as the placental reserves start to run out. As the Baby's metabolic rate slows, the amniotic fluid may be relatively diminishing.

Baby's wake and sleep rhythm is established and this pattern may continue in the first few weeks of life.


Baby now measures on average 51cm and weighs 3.3kg for girls and 3.5kg for boys.

Mummy

It is a waiting game from now. You may have started your leave to relax at home and make final home arrangements to receive Baby. It is

beneficial for labour to remain active and ambulate frequently. This avoids excessive water retention and leg swellings and also encourages baby's head to descend and labour to start.

The bag is packed for hospital and all is ready. You are now on high alert for contractions that are progressively more frequent and intense, a blood stained mucus plug or show, or water bag break. It is also important to monitor and be confident that baby is as active as before!

Good luck! You will soon begin your journey in motherhood! 

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