

The 7th Month (26 to 30 weeks)

Some changes you may see:

- You will continue to get bigger as the baby grows.
- You will probably be very aware of the baby's movements. If you notice any changes in the baby's movement patterns, call your OB doctor.
- You may notice a dark line going from your belly button down to your pubic hair. This will go away 6 months to a year after the baby is born.

Things you can do:

- As you get further in your pregnancy, you will tire more easily. Continue light exercise, but be sure to get plenty of rest.
- At 28 weeks your doctor may tell you to start counting your baby's movements daily. This is called

kick counts. Be sure to follow your doctor's directions about when and how to do your kick counts. If anything changes with your baby's movement, call your doctor!

- If you are worried about gaining weight, this is not the time to diet. Eat sensible, healthy meals and snacks. Don't eat junk food or fatty or oily foods. They are not good for you or your baby. If you need help with food, call Bright Start. We can help.
- Talk with your doctor about getting the Dtap shot. The Dtap shot helps protect you and your baby from whooping cough.