

9 months

to get ready...

You can make a difference

6th Month

Weeks 23-26

Your Baby

- Your baby is big enough to be felt when your abdomen is examined.
- The skin is still wrinkled and red.
- The fingerprints are forming.
- The eyes are almost developed.
- The eyelids can open and close.
- Your baby can kick, cry and hiccup.
- Noises from the outside may cause the baby to move or become quiet.
- Your baby will be about 14 inches long and weigh 1 1/2 pounds by the end of this month.



14 inches in length

Your Body



- You will continue to gain about 2 to 4 pounds a month.
- You may develop stretch marks on your stomach, hips and breasts.
- The uterus may be felt about the navel.
- Your appetite is good.
- You may get heartburn or gas, so eat slowly, relax, and avoid fried foods.
- Your sex drive may increase or decrease and change from week to week. Talk about your feelings with your partner.
- You may think about things that can go wrong with your baby. Most women do at some time during their pregnancy.
- You may begin to see patches of brown coloring on your cheeks, nose, and forehead, and a line that extends down from your navel. The brown patches and line will disappear or fade after your baby is born.

Learn the Signs and Symptoms of Preterm Labor

- Learn the signs and symptoms of preterm labor.
- Ask about a test for gestational diabetes.
- Drink 8-10 glasses of water, milk or fruit juices every day.
- Avoid smoking, drinks with caffeine (colas, teas, coffee) and junk food.
- DO NOT use cocaine, heroin, marijuana, or other street drugs.
- DO NOT drink beer, wine, wine coolers, whiskey, or any other alcoholic drinks.
- Eat healthy food including plenty of whole grains (breads, cereals, rice, and pasta), meats, fresh vegetables, fruit and milk.
- Discuss feelings about your changing body.
- Prepare for breast or bottle feeding.
- Get information on infant feeding and nipple care and check on the supplies you will need.
- Continue to take your prenatal vitamins everyday.



Notes:

- Take vitamins