



# My Pregnancy at 23-27 Weeks

- ♥ Are you feeling more protective of your growing baby?

## Prepare for your baby...

- Choose baby's name.
- Register for childbirth classes.
- Choose your support person for labor.
- Write out your birth plan.
- Plan how you will get to the hospital.
- Decide on your preferred birth control method after delivery.

Braxton Hicks contractions are normal and prepare the uterus for labor. Preterm labor can make the cervix open earlier than normal, causing the baby to be born too early.

### Call your doctor if you have...

- Contractions every 10 minutes or more often
- Low, dull backache
- Belly cramps with or without diarrhea
- Red, pink or brown vaginal discharge
- Unusual pressure in your pelvis, lower back or thighs
- Cramps that feel like your period

**Remember, your local Hospital OB department can be called during the night!**

## Smoking Cessation Facts

No one says that quitting smoking is easy-- but, it is worth it!

- Within 48 hours of quitting your risk of developing heart and blood vessel diseases goes down and your ability to taste and smell improves!



## Watch me grow!

- I am 12 inches long and weigh 1 - 1½ pounds.
- My skin is red, wrinkled and covered with soft hair.
- My eyelashes and eyebrows are growing.
- I can stretch, kick and suck my thumb.
- I can sense when you are eating, resting or busy.
- I can open and close my eyes and can hear your voice.
- My hand and startle reflexes develop.

## It's time to...

- Have a Glucose Tolerance Test between 24-28 weeks to test for gestational diabetes.
- Get a Tdap shot between 27-36 weeks, as well as a flu shot to protect yourself and your baby.

# Check out these websites and apps for FREE info!



Text4Baby.org  
<https://text4baby.org>



WIC Nutrition Website  
[www.michigan.gov](http://www.michigan.gov)



Baby Center: My Pregnancy Today app  
<http://www.babycenter.com/my-pregnancy-today-app>



GooglePlay: BabyBump Pregnancy



GooglePlay: Cessation Nation



Michigan Tobacco Quit Line  
<https://michigan.quitlogix.org/>



Smokefree.gov Smartphone Apps  
<http://smokefree.gov/apps-quitstart>



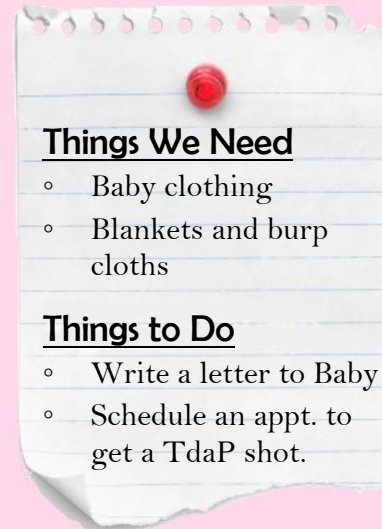
## Just a Thought

Abuse of women by their partners often begins or increases during pregnancy. Your current relationship may not be safe if:

- You are afraid when your partner gets angry.
- You are treated roughly, hit and shoved.
- You are told it is your fault you were hit.

NO ONE has the right to express their anger by hurting another person. A plan to move quickly to a safe place may include the following:

- Pack a suitcase to hide or store with a friend.
- Keep important items in a safe place to take with you (medicines, Social Security card, money, driver's license).
- Know where you can get safe shelter (friends, Safe Home) and how to get there.



**Women's Resource Center and Safe Home Shelter: 231-347-0067 (day), 231-347-0082 (24-hour Crisis Line), or 1-800-275-1995**



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**HEALTH DEPARTMENT**  
of Northwest Michigan

**nwhealth.org**  
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(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) Fax: (202) 690-7442; or  
(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
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