



# My Pregnancy

## at 28-32 Weeks

- ♥ Preparation for motherhood means working toward the safe birth of your healthy baby.

### Prepare for your baby...

- Choose your baby's doctor.
- Choose a safe crib and car seat.
- Gather baby supplies.

### Breastfeeding is best for Mom and baby!

- Baby's sucking releases hormones to contract Mom's uterus.
- Mom may return to normal weight more quickly.
- Breastmilk contains antibodies to protect baby from some illnesses and infections.
- Breastfeeding allows you to both nourish and nurture your baby.
- Breastmilk is always ready and at the right temperature – it is the natural way to feed your baby.

### Remember...

- Taking care of yourself is important.
- Take time for relaxation.
- Keep trying to eat healthy, exercise and rest.
- Eat or drink more calcium found in milk, cheese, and yogurt.
- Get a Tdap shot between 27-36 weeks and a flu shot to protect yourself and your baby.



### Watch me grow!

- I am 15 – 16 inches long and weigh 2½ - 3 pounds. I am as long as a pineapple.
- I move my arms and legs freely kicking and stretching.
- You can feel me move about 10 times in 2 hours.
- My eyes are becoming sensitive to light and I react to light and darkness.

### Smoking Cessation Facts

- Every cigarette you smoke affects your breathing.
- Your circulation improves within 72 hrs. of quitting!

# 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

After your baby is born and you leave the hospital, questions may arise about newborn care and feeding and family changes. The Health Department and your healthcare provider are pleased to offer a home visit by an experienced, knowledgeable nurse as an extension of our care for you and your baby. The visit will be made at your convenience and at no cost to you. There will be more information about the home visit at the hospital.

## Health Tips

Eating whole grain breads and cereals and dried peas/beans helps to build baby's nerve tissue and promotes development of strong bones.



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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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