



My Pregnancy

at 33-36 Weeks

- ♥ We are getting closer to my birthday...
- ♥ Are you ready?
- ♥ Who will help you take care of me?

Prepare for your baby...

Your baby's brain at 35 weeks weighs only 66% of what it weighs at 39 weeks. Your baby needs this time to grow.



Call your health provider if you have:

- Bleeding or fluid leaking from vagina.
- Nausea or vomiting that will not stop.
- A severe, frequent or continuous headache.
- Vision changes...blurring, double vision or spots.
- Swelling of the face or fingers.
- Severe or unusual pain in the abdomen.
- Chills and a fever.

Did you know...

- Getting a Tdap at the end of every pregnancy helps protect you and your new baby from whooping cough
- There is help available if you do not feel safe in your home
- Your WIC package gives increased food benefits when you choose to breastfeed
- Baby's first immunization will be in the hospital with the Hepatitis B vaccine

You May

- ♥ Have trouble breathing as your baby continues to grow.
 - Sit and stand as straight as possible
 - Eat small, frequent meals to improve breathing and decrease heartburn
 - Slow down and rest
- ♥ Have difficulty sleeping
 - Avoid late night meals
 - Avoid caffeine
 - Take an evening walk
 - Try relaxation exercises
 - Use an extra pillow or 2
- ♥ Be more sensitive and anxious
 - You are a wonderful person doing important work!



Watch me grow!

- I am 16 – 19 inches long and weigh about 4 – 5 pounds.
- I don't move around as much, but my kicks are very strong.
- I am beginning to collect fat that will help to keep me warm after I am born.
- My brain, lungs, and other organs are still growing. I can hear, taste, and enjoy your touch.
- Read to me.

Smoking Cessation Facts

If you quit now:

- Your baby is more likely to be a healthy weight.
- Your baby is less likely to have withdrawal from nicotine after birth.

Check out these websites and apps for FREE info!



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



WIC Nutrition Website
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.



Find us on Facebook!



HEALTH DEPARTMENT
of Northwest Michigan

nwhealth.org
(800) 432-4121

Follow us on Twitter!



N-169; 5/15

205 Grove St.
Mancelona, MI 49659

209 Portage Dr.
Bellaire, MI 49615

220 W. Garfield
Charlevoix, MI 49720

3434 M-199, Suite A
Harbor Springs, MI 49740

95 Livingston Blvd.
Gaylord, MI 49735

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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.

This institution is an equal opportunity provider.