

Growing Together

28 weeks

Your Baby

Your baby looks about the same (with a little more hair), but she is growing very fast and developing steadily. But, she is not mature enough to live outside of your womb without medical help.

She does not yet have enough fat under her skin to keep her warm, her defenses against infection are not developed, and she does not have enough moisture in her lungs to breathe deeply.



Your baby now weighs about 2½ pounds and is about 13 inches long from head to rump.

- Brain development is rapid now. The grooves on her brain's surface start to appear, and more brain tissue develops.
- Her eyes open and close, she sleeps and wakes at regular intervals, and she may suck her finger or thumb.
- Senses and reflexes are more developed.
- Are you feeling regular rhythmic movements, different from kicks and wiggles? Those are the hiccups!

Changes in You

As your uterus expands up toward your rib cage, it takes up more space in your abdomen. This causes other organs to be pushed aside and can create some new discomforts:

- Feeling short of breath? This happens because your uterus is starting to press on your diaphragm. Try breathing more slowly.
- Indigestion is common. Your stomach and intestines are being compressed. And, the hormones of pregnancy may upset your

digestion. Avoid spicy foods. Instead of eating 3 large meals, try eating small meals more often. Your healthcare provider may suggest antacids or acid reducers.

- You may have to urinate often. This is common. It is caused by pressure on your bladder and because your bladder has less space and cannot get as full as usual.
- Many women have unusual dreams when they are pregnant. This is a normal reaction of your unconscious mind as it sorts out thoughts, fears, and worries. Talk with your healthcare provider if your dreams or thoughts worry you.
- You probably have been thinking a lot about giving birth and getting ready for life with a baby. Childbirth and parenting classes are a good way for you and your partner to prepare for this together. If you are thinking of attending classes and are not yet enrolled, this is the time to do it.

Questions?

Your questions are important. If you have questions about your baby's growth and your changing body, talk with your healthcare provider at your next clinic visit.