



# Letters from Your Unborn Baby My Eighth Month



**Dear MOM,**

Wow, it is getting closer to my birthday! I am excited to meet you and to see what the world is like. You may be experiencing some shortness of breath. Don't worry, you and I are getting enough air. I am pressing against your chest, crowding your lungs. You will feel relief after "lightening" occurs. "Lightening" is when I move deeper into your pelvis to get ready for birth. When it is hard for you to breathe, prop yourself on a couple of pillows when you sleep. You can also try lying on your side with a pillow under the upper knee to provide support.



## **CONSTIPATION and HEMORRHOIDS**

Constipation is when you can't have a bowel movement. Exercise, like walking or swimming can help keep your digestive tract running smoothly. Another solution to ease constipation is to eat fiber-rich foods and drink lots of water. Fiber helps move food through your intestines and out of your body. Eating fiber and drinking lots of water will also help hemorrhoids.



## **DRINKING FLUIDS**

It is important to drink plenty of water, at least 8-10 glasses of caffeine-free, non-alcoholic liquids, every day. Your body will need extra water to keep the fiber moving through your system. It is best to drink water, or milk or fruit juices to give me extra vitamins and minerals.

## **HEARTBURN**

You may have heartburn in the last part of your pregnancy. I am growing and pushing on your organs, especially your stomach. This makes the food and stomach acids move back up out of your stomach and you can feel burning and pressure. Prevent heartburn by eating small meals, about 5 or 6 a day, avoiding spicy, rich, and fried foods, relaxing and eating slowly, wearing loose-fitting clothes, not lying down flat after you eat, and propping your head and shoulders up when you need to rest. Never take antacids unless your doctor OK's it.

## **EDEMA - NOT SUCH A SWELL THING**

Edema is water retention. When you have edema, your hands and feet may swell up. Elevate your legs and feet and you might feel more comfortable in a larger size of shoes. Talk with our doctor if your edema is extreme. For example, call your doctor if you are retaining so much water that your weight goes up by more than 2 pounds a week. This can be a sign that you have other health problems.

## SALT

Sometimes salt in your food can make you retain water and cause mild edema. You can control this mild edema by not salting your food or not eating foods that have lots of salt (cured meats, luncheon meats, cheeses, processed foods, soup, and soy sauce).

## GETTING READY FOR ME

Now is a good time to start making a list of things you need before I arrive. It is also important to keep a list of questions for our doctor since you are getting close to your delivery date. I want you to be comfortable and feel relaxed about your delivery, so start preparing for the big day.

## SOME THINGS I NEED AT HOME:

baby bed	booties/socks/shoes
blankets	baby car seat
baby clothes	breast pads, if breastfeeding
3-4 dozen diapers	bottles, if bottle feeding
night shirts	formula, if formula feeding
under shirts	

## QUESTIONS YOU CAN ASK OUR DOCTOR

1. How long will you stay in the hospital?
2. Should you expect a vaginal or cesarean section delivery?
3. What medications will be used during labor?
4. Can we sleep in the same room at the hospital?
5. What if our doctor is not "on call" when you go into labor?
6. Who can visit us?
7. How soon after delivery can you breastfeed me?
8. How can you tell if you are going into labor?



You are not the only person who is getting anxious for my arrival. I'm getting anxious, too! I'm glad that we only have one month left. **Love, Your Baby**



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This material was funded by USDA's Food Stamp Program.