



# Letters from Your Unborn Baby

## My Ninth Month



Dear MOM,

You probably feel REALLY pregnant now! You might be having all the pregnancy symptoms we talked about, like constipation, heartburn, indigestion, backaches, general discomfort, hemorrhoids, increased urination, fatigue and increased appetite. Don't worry, all your hard work and patience will pay off soon.

Mom, you need to take good care of yourself during the end of your pregnancy.

**CALL OUR DOCTOR IMMEDIATELY IF ANY OF THESE SYMPTOMS APPEAR:**

1. Any spotting (a small flow of blood or water from the vagina)
2. Sudden swelling of your hands, legs, face or eyes
3. Any unusual signs of pain - abdominal pain that is constant and severe
4. Severe headaches or dizziness
5. Blurred vision or dimness
6. Nausea, vomiting more than once within several hours
7. If you can't feel me move for longer than 24 hours
8. Urinary problems - decrease in urine output or pain or burning upon urination

### **HOW WILL YOU KNOW YOU ARE IN LABOR?**

Here is a list of signs to let you know that labor is beginning:

#### ***CONTRACTIONS***

Contractions are a tightening of the uterus that occur in a regular pattern and get stronger and happen more often when you are in labor. Contractions may feel like pains in your lower back.

#### ***BLOODY SHOW***

The word "bloody show" describes a mucus plug discharge, usually pink in color. This is a sign your body is starting to prepare for labor.

#### ***BREAKING OF THE WATER BAG***

A gush or uncontrolled trickle of water from your vagina means your fluid-filled sac that surrounds me has broken or torn. Call your health care provider immediately.

### **ARE YOU READY FOR YOUR TRIP TO THE HOSPITAL?**

You will need to pack these things:

robe	comb	clothes for me to wear home
slippers	toothpaste, toothbrush	
nightgown	clothes for you to wear home	

## CRYING BABIES

Babies will not always do what their mothers want them to do. I may not sleep or eat at the times you think would be best. I will cry for many reasons. I will never cry because you are a bad mother. I will cry a lot until I know how to talk. It is my way of telling you that I need you. Here are a few things I might be trying to tell you when I cry:

*I need my diaper changed.*

*I am hungry.*

*I have gas, please burp me.*

*Give me a pacifier.*

*I am hot or cold, please change the temperature.*

*Hold me.*



*I want to hear my voice.*

*Rock me.*

*Play with me.*

*I am scared.*

*I want your attention.*

## SAFETY CHECKS TO THINK ABOUT

**Crib** If you buy a used crib make sure the crib bars/slats are close together (2-3/8 inches or less apart) so I can't get my head or limbs stuck in the bars.

**Car Seat** It is the law that I have to ride in a car seat when in the car. Your hospital or the local public health department may let you rent or borrow a car seat.

**Emergency Phone Numbers** for the doctor, hospital, police and fire department should be handy for family and my babysitter.

**Baby Shots** Your doctor or the public health department will tell you when I need these shots called immunizations so I don't get sick.

**Baby-Proof the House** Start checking around the house for electrical cords, or dangerous chemicals that are in my reach. You need to put medicines and chemicals up high so I can't get to them. I will surely get into some trouble and I don't want to hurt myself when I begin to crawl and walk.

I'm here at last. We have learned a lot together, and I am glad you will be my Mom. Thanks for making my journey a pleasant one.

Love, Your Baby

A Star is Born



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