

## Growing Together

*38 to 40 weeks*

### Your Baby

Your baby is maturing and growing! Soon he will be too big to grow inside of you.

Your baby's head is now cradled in your pelvic cavity and is protected by your pelvic bones. This position gives him some much-needed space for his growing legs and buttocks.



*The "average" baby now weighs about 7 to 7½ pounds and is about 20 inches long from head to toe.*

- Are you wondering what color your baby's eyes will be?
  - Most Caucasian babies are born with dark blue eyes. Their true color – brown, green, blue, grey, or hazel – may not show for weeks or months.
  - Most African and Asian babies have dark grey or brown eyes at birth. Their dark eyes become a true brown or black after the first 6 months or year.
  - Multiracial children may be born with dark blue, dark grey, or brown eyes. Their true eye color may not show for weeks or months.
- Your baby is getting ready to be born. Many hormones are being released by your baby, the placenta, and your body. You are almost ready for labor to begin.

### Changes in You

Your uterus can stretch to 60 times its original size! Yours may not have stretched *that* much, but it has gotten much bigger.

After birth, your uterus will return to the size of a pear, which is how big it was before you became pregnant. It takes about 6 weeks for this to happen.

- You are ready to deliver your baby. Hormones are moving through your body. You may be having contractions on and off, sometimes regularly. You may notice that your vaginal secretions are increasing. This is normal.
- The restless nights and many trips to the bathroom will soon be over. Just think – soon you will be able to turn over in bed and sleep on your stomach!
- Your baby is almost here. Congratulations!

## 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.