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From now until your little one makes their grand entrance, your baby will continue to put on small amounts of weight. They are already 45 cm long and weigh 2.9 kg! Read more about this week.

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Wednesday, May 30th, 2018

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BABY DEVELOPMENT

Already quite plump, your baby could technically arrive any time now. After your little one is born, they'll be getting their nutrition from breastfeeding, specifically colostrum, the early breastmilk already being produced by your breasts. Similarly, at birth the placenta ceases to act as a lung. The amniotic fluid that was in their airway will be pushed out of their nose and mouth by pressure on their chest from going through the birth canal, and everything will kick in the way it's supposed to as they take their first breaths independently.

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YOUR BODY

With your baby bump now so prominent that it's hard to bend down to do up your shoes, you might want to wear shoes you can slip in and out of easily. Don't be afraid to ask your partner for help in getting dressed. It's always nice to be able to help out when you're simply the observer a lot of the time. Generally speaking, a bit of extra rest will do you good around now. Even easy tasks are quite tiring when carrying a large belly, and they can hurt your back. Maybe parents or friends can help a bit with the housework, doing the shopping or even cooking once in a while.

NUTRITION

Ever heard of your microbiota? It's your body's own ecosystem of bacteria and ideally we need it to be in good balance for it to work for us. Your little bundle of joy will also benefit from your healthy gut flora/bacteria depending on how you deliver them and whether you breastfeed. Probiotics are friendly bacteria that are found in fermented foods such as yoghurt and kimchi. You can also find probiotics in tablet form from the pharmacy. If you're interested, talk to your doctor or dietitian about which one is right for you.

TIPS

As pregnancy winds down, some women wonder if they'll be able to breastfeed. Know that nursing a baby is the most natural thing in the world. Your milk will automatically adjust to your baby's needs. At the start of the meal, the milk is thin and watery so as to quench baby's thirst. Then it gets thicker and richer to satisfy your baby's appetite. If your child develops a bigger appetite, your body will adjust and produce more milk. Amazing! If, however, you cannot breastfeed your baby for medical reasons, ask your doctor about suitable breastmilk substitutes.



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