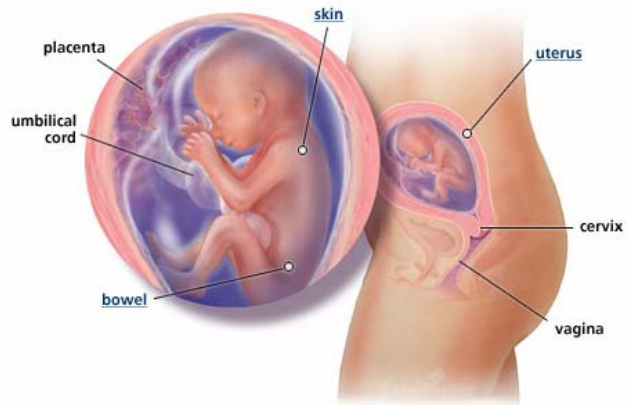


Our TTC Journey Week 20 – March 28th – April 3rd, 2008



I am so happy that we were able to see the sex of the baby at the last doctor visit. I had these future plans for me and my daughter, but I've now changed them to include my little boy instead. I can't wait to meet the little guy! My doctor said my sugars, blood pressure and weight gain all looked great, and doesn't feel the need to see me more than every 4 weeks, WooHoo!! We're now halfway done, and these last few months can't pass quickly enough !

Your baby weighs about 10 1/2 ounces now. He's also around 6 1/2 inches long from head to bottom, and about 10 inches from head to heel — the length of a banana. (For the first 20 weeks, we use measurements taken from the top of the baby's head to her bottom — known as the "crown to rump" measurement. After that, we use measurements from head to toe. This is because a baby's legs are curled up against her torso during the first half of pregnancy and are very hard to measure.)



A greasy white substance called vernix caseosa coats his entire body to protect his skin during its long submersion in amniotic fluid. (This slick coating also eases the journey down the birth canal.)

Your baby is swallowing more, which is good practice for his digestive system. He's also producing meconium, a black, sticky substance that's the result of cell loss, digestive secretion, and swallowed amniotic fluid. This meconium will accumulate in his bowels, and you'll see it in his first messy diaper (although a few babies pass it in utero or during delivery).

March 28th – Today we are halfway done. I am officially 20 weeks today ! Whoo!!! I went out with my parents to the local mall, and I stopped in the baby section to look at all of the cute little things that they had for baby. OMG I bought the whole store. All of the little onesize outfits were sooo cute. I didn't buy many 0-3 months clothing because I don't expect this child to be less than 8 lbs for very long, if at all. With gestational diabetes, there comes a risk of having a larger baby, so I figured if I'm paying this kind of money for clothes, the kid better wear them for quite a while. Oh and they're all so darling! I had a blood sugar episode because my lunch was so heavy I didn't eat my snack, so when it came time for dinner, which kept getting delayed, I was really super hungry and felt myself go low. All was well, but I was tired when I came home from shopping.



Beanlette's Corner

March 29th – I am experimenting with different foods to see how they affect my blood sugar, and well that experiment isn't going very well. I've had a few high numbers. But my averages seem to remain below the high threshold. This evening I laid down on the couch and almost fell asleep. So I was urged to go upstairs and nap. I did, and woke up for my bedtime snack, then went back to sleep and stayed asleep all night. I haven't been that tired in a long time. Otherwise I feel great.

March 30th – DH's medication that he takes for his recent diabetes medication isn't making him feel good. I did some shopping but got really fatigued while being out and about. Otherwise I felt pretty well.

March 31st – I have to make sure to drink my water because I notice that if I don't, I get really bad dry mouth, and my skin breaks out. Also washing my hands so often to take my blood sugars has really dried out my hands. I have to make sure to put some lotion in my purse.

April 1st – I am noticing I'm not as tired as I was before. I am still getting some cramps, but they are more like dull aches, but they go away after a few minutes. I guess its just the uterus growing and the ligaments stretching.

April 2nd – The doctors office called and said that based on the last week's numbers the sugars are looking good and don't want to change the medication dosages. We had some great kicks tonight and the heartbeat was found around the area about 1-2 inches to the left of my belly button. That's also where I'm feeling the little kicking taps.

April 3rd – My dinner sugars are still high. I don't feel that I'm measuring the portions incorrectly. Perhaps once the doctor sees that there are high dinner numbers only, then maybe we can add a glyburide during the day or something. The baby is kicking all morning today.