

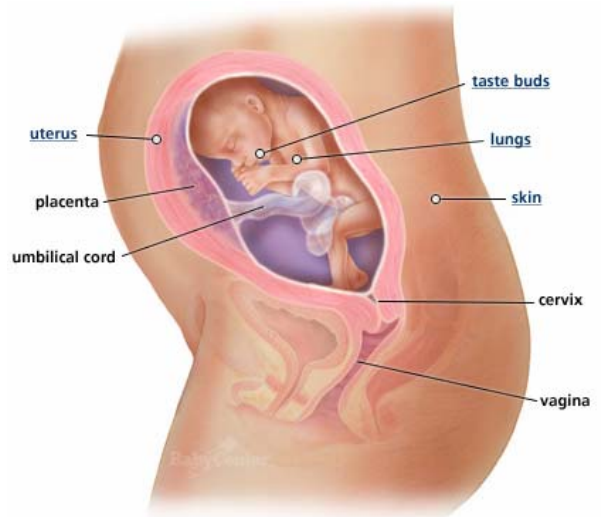
Our TTC Journey

Week 24 – April 25th – May 1st, 2008



I've looked up Braxton Hicks contractions and it turns out I believe this is what I continue to experience at least once a day. This is from Wikipedia: In 1872, John Braxton Hicks investigated the latter stages of pregnancy and noted that many women felt contractions without being near birth. Dehydration is thought to be a contributing factor in extended Braxton Hicks contractions. Methods for ceasing Braxton Hicks contractions include: changing position; taking a warm bath or shower; drinking water; resting; or changing activities.

Your baby's growing steadily, gaining about a quarter of a pound since last week, when he was just over a pound. Since he's almost a foot long (picture an ear of corn), that makes a pretty lean figure, but his body is filling out proportionally and he'll soon put on more baby fat. Your baby's skin is thin, translucent, and wrinkled, his brain is growing rapidly, and his taste buds are developing. His lungs are developing "branches" of the respiratory "tree" and cells that produce surfactant, a substance that helps the air sacs inflate easily.



April 25th – I had a wonderful off Friday today. It was great not to have to work. I took advantage and straightened up the house a little bit and made mental notes on how to rearrange the furniture in our house to accommodate the baby. It should be blistering hot this weekend. I'm so blessed for our central air conditioning!

April 26th – Today I had a headache and the baby was sitting on my sciatica nerve. It hurt to get into most positions. After a few Tylenol and rest, I felt much better.

April 27th – Since we had no other plans, we re-arranged some furniture in the baby's room to accommodate a bassinet. We moved a reclining chair and removed a bookshelf. Now all we need is the baby. Then we can get the furniture ordered.

April 28th – Today we had our first baby class. The class was on baby care basics, and they covered so many great topics. This "hands-on" class teaches the basics of how to care for your new baby. Practice diapering, dressing and swaddling baby dolls. Topics covered include: newborn characteristics & procedures; infant nutrition, signs/symptoms of illness, crying; bathing, Sudden Infant Death Syndrome (SIDS), and basic car seat safety. The class was a lot of fun, and we didn't realize how many things we just don't know. So I look forward to practicing how to swaddle and bathe the baby.



Beanlette's Corner

April 29th – I had a few contractions today. Again they aren't painful, and water and rest seem to resolve them.

April 30th – Working is interesting these days. I can't lift, tug, tow, or bend, so I have to get help to do a majority of my work. My coworkers are awesome though. They seem to be eager to help.

May 1st – My sugar appt went well. They said that now that I'm sooo close to my 3rd tri, I need to concentrate on getting enough calcium. This means 3 servings per day, because now the baby's bones are growing. So it wasn't as big of a deal before.

So now I guess each night I'll have a glass of milk as my snack, along with some other things.

They openly admitted their scale sucks. They will use my weight from the perinatal doctor's scale, which is awesome because according to the sugar doctor scale, I now weigh 300 lbs. At my peri doc's office, I weighed 291. And that was taken last Thursday. So I don't think I gained 9 lbs in a week. Overall, as of last week, I am up 16 lbs during my pregnancy.