

Our TTC Journey Week 31 – June 13th – June 19th, 2008



It always amazes me how much preparation we have left to do for the baby. I suppose that most of the things we'll receive at the baby's shower.

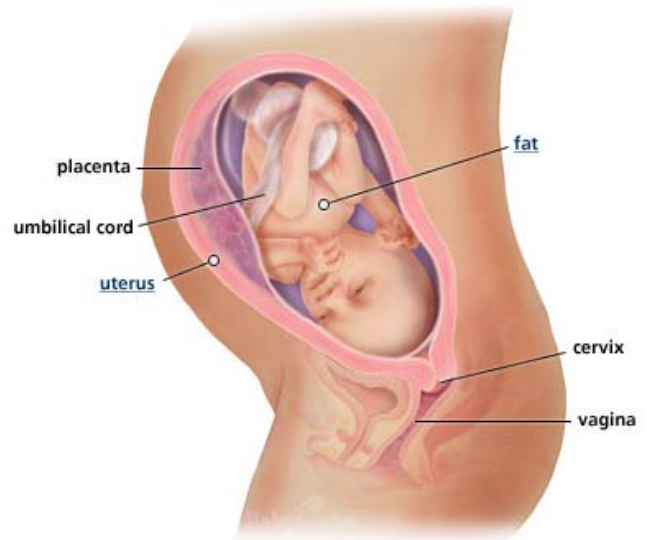
I can't wait to see all of my friends again and show off my tummy which has grown beyond my control! I know its good, but can't help but feel self conscious that my tummy is just HUGE!

Your baby is continuing to grow each week that you remain pregnant. Your baby's crown-to-rump length is nearly 11.2 inches and total length is approximately 18 inches. Your baby weighs approximately 3.5 pounds at this point. Your uterus is about 4.4 inches above your bellybutton and continues to get larger. An average weight gain at this point is between 21 and 27 pounds. The weight that you gain is made up of your baby, placenta, blood supply, uterus, breasts, fat, water storage and amniotic fluid.

Because the ligaments and muscles supporting the small of your back relax and loosen in order to get ready for childbirth, your back may be aching from now on.

This is usually nothing that can be done to prevent backaches, only to make them more comfortable. Many women get heartburn during these last few weeks of pregnancy because the oversized uterus leaves less room for the stomach and the contents within the stomach. Eating smaller, more frequent meals can help relieve the discomforts of heartburn.

This week marks an incredible milestone in your baby's lung development. Before now, the air sacs and branches in your baby's lungs were present but not functional. The lungs were not able to inflate properly. However, now there is surfactant being produced in your baby's lungs. Surfactant prevents your baby's lungs from collapsing outside of the uterus and the baby is able to take in air and breathe properly. The fetal ear is almost completely developed both inside and out. Your baby can hear your voice and other familiar sounds that he will recognize after birth. Your baby is putting on white fat under the skin and the skin's color is pink instead of red at this point. Your baby's fingernails have grown to the end of his fingers and he may scratch his self while he is in the womb.

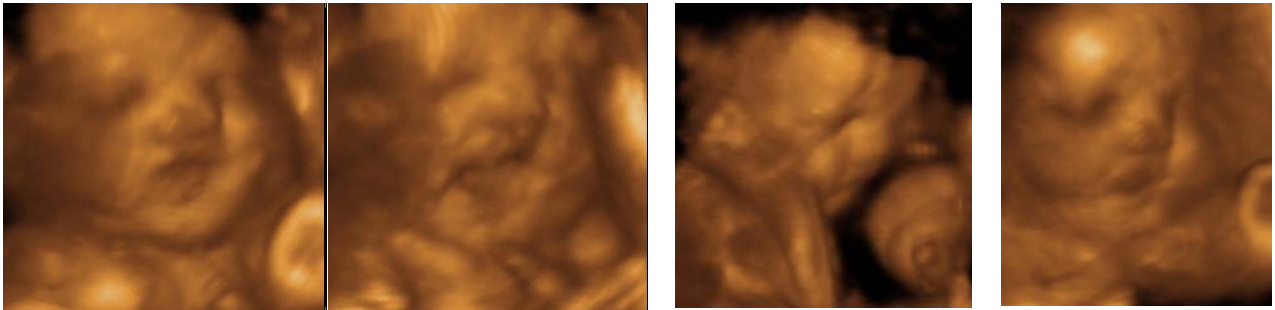


[Beanlette's Corner](#)

June 13 – I get tired at work if I have to move around a lot. There are lots of new proposals and programs at work these days, and ugh, its all just very tiring to have to walk around and support these engineers.

June 14 – I am still having groin pain daily. I also get heartburn from air. Its great feeling the baby kick and move and squirm. Especially when I'm trying to rest.

June 15 – Today we had our 3d ultrasound. We got some amazing pictures although the baby didn't want to cooperate at first. With some coughing and gentle probing, we finally got some pictures where James didn't have his hands up to his face!



June 16 – I have noticed more rolling movements. I still get some kicks, but more frequently these kicks are turning into a rolling motion, and then that rolling motion moves across my abdomen.

June 17 – I was very warm today, so I put my feet up and turned my fan on. I had a little catnap rest at my desk. I wasn't asleep but could have easily fallen asleep while I relaxed.

June 18 – Nothing has changed. I'm still tired, sore in the groin, and irritable when I get warm.

June 19 – I had my nutritionalist and Peri appointments today. Whew, that's a lot of doctors in one day!

Anyhow, my baby is going to have a very large head. There's nothing physically wrong with him, he just has a large head. Oh and he weighs 4.5 lbs now.

Sooooo, we don't know if I'll be able to have him vaginally or not. It all depends on how my pelvis is built, and if I can move my hips around to get him down. But we won't know until we try. This is, of course, second to the fact that we are hoping he's in the right position first. If he comes breach, then NOOOOOOOOOOOOOO, we're not going to be able to do much.

So its a wait and see, but I've made my peace with either way he wants to come out. Its all so very far in the future. You cant plan these things.

Oh and I get to have some NSTs done in the near future. Starting at 34 weeks, they want NSTs done 2x a week, with an AFP test done 1x a week in conjunction with the NST.

Oh and then at 35w, I see the doc every week. Whoo, its getting close to being THAT time. Wow, I'm so not ready! LOL Oh and we got the coolest U/S pic today from the doc. One of the pics is actually a front facial picture. Its weird, creepy, and sooo cute!