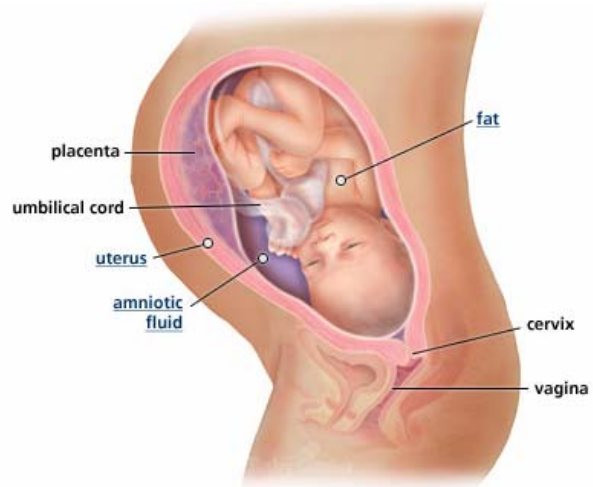


Our TTC Journey Week 35 – July 11th – July 17th, 2008



Your baby now weighs over 5.5 pounds and its crown-to-rump length is approximately 13.2 inches. Your baby's total length is around 20.25 inches at this point. Your uterus is now 6 inches from the bellybutton and the average weight gain is approximately 24 to 29 pounds.

Most pregnant women begin to feel cramped and heavy around this time and often become tired of being pregnant. Some women feel like they do not have to room to breathe or eat. You should eat small, but frequent, meals and rest as often as you can throughout the day. Your cervix will begin to dilate and efface within the next few weeks to make room for your baby's head to emerge from the birth canal. Your cervix needs to be 10 cm dilated in order to deliver your baby.



This week of your pregnancy your baby's fingernails will have definitely reached the tips of his fingers. When your baby is born, his nails may look long and pointy. Most of his basic physical development is now complete. Fat deposition will still continue and your baby is getting chubbier and rounder. Your baby's shoulders are plump at this point. The baby begins to develop its own immune system. Because it's so snug in your womb, he isn't likely to be doing somersaults anymore, but the number of times he kicks should remain about the same. His kidneys are fully developed now, and his liver can process some waste products.

July 11 – Our furniture is here!! It came at about 1pm, and we decided that the crib was going to have to in our master bedroom because it wasn't going to fit through our nursery bedroom doorway without first being disassembled. We measured the inside of the crib and will find a mattress that meets these dimensions. The furniture looks great. Now its time to start getting it all prepared to support a baby. This is going to be a lot of work! I met with my mom and gave her all the shower things for tomorrow's big day. I can't wait to see what she and the girls have planned!



Beanlette's Corner

July 12 - I had the best baby shower today. It was so wonderful to see all of our wonderful family and friends all in the same place, all excited to hear about James. They also can't wait to meet him!

We had a fantastic lunch, of Chicken, rice, beans, potato salad, fruit salad, veggies, and tortillas. The food came from a local chain that has the best rotisserie chicken. And the food wasn't expensive either, it was great.

Our friend, Nancy volunteered her home and we had such a lovely afternoon. We played some games. One of them was the scratcher lottery, we played the advice card, the count the candies in the bottles, and the water breaking baby game.

Then we opened so many wonderful gifts. We got the cutest little onesies outfits, receiving blankets, hooded towels, bath stuff, booties, bibs, hats, a robe, knitted blankets, diaper stackers, diaper cakes, and a cross stitched pillow (that I adore). From my registry we got the bouncy chair, the swing, the pack n play, a changing table organizer, a baby Bjorn, sheets for our crib, a womb sounds bear, and so many other little odds and ends that I never knew a baby could need.





July 13 – Today we used our gift cards we received and purchased the crib mattress. We then started the arduous task of taking all the tags off the clothing for washing. Wow this child has a lot of clothing! We only managed to do 2 loads of baby laundry as our clothes had to be washed too.

July 14 – My NST this morning went well. I saw again that James is head down, and still looks like a good sized baby. They inquired about my contractions and I told them that if they start to get too frequent, I rest and they go away. I worked a lot this weekend to get the nursery done, and it showed! James moved some, but not enough accelerations and decelerations in the 10 min window they wanted, so again, he was zapped! He moved just fine after the zapping. I gave him too much time, because I was in that chair for an hour and a half. YIKES! I think next time we'll just have to zap him if he doesn't show signs of cooperation.

Later on when we reached home, I packed my bag to 90% of what we're taking. I still have the last minute things to add, and of course the food bag of fresh snacks and food items.

July 15 – Today my work friends took me and James to lunch and gave wonderful baby shower gifts, as they weren't able to attend on Saturday. I had a nice time. Today with the heat my ankles are a bit swollen. When I wake up in the middle of the night to use the bathroom, James feels like he weighs a gazillion pounds. I'm hoping this is great news for our little one's arrival.

July 16 – Some days I'm more famished than others. Some days my groin hurts more than it does for others. And some days I'm more tired than I am for others. I guess no two days of any woman's pregnancy are similar!

July 17 – I went to the doc today, and she checked dilation and effacement. I'm a fingertip dilated, my cervix is soft and is 1-2cm in length, but I'm not effaced at all. She's pleased with my cervix status at my gestational age. She won't let me go past my due date. So within a month, we're going to have our critter.

During the exam, to check dilation and effacement she put her fingertip inside my cervix and poked/jabbed at James' head. She said she could feel his head, and tapping him on the head woke him up cause he started squirming! It was the freakiest thing ... she touched the baby! LOL

James currently weighs 6.5 lbs, and according to the u/s tech, his lungs are mature. During the u/s today we could see him breathing and his diaphragm working hard! That's a great sign that he's getting ready and strengthening that muscle.

She also did the StrepB test. I'm not worried about that at all. I gained another pound, but I'm thinking its "baby" not mommyfat. I'm now up 18 lbs gained!

She can't plan out labor as each new week's appt will bring new news that we'll have to deal with at that time. He could not drop, or my cervix could not soften enough, or a gazillion things could stop labor at any point, but basically I have faith in my doc that she'll be able to tell me what's happening with my labor at any one point.

I'm just happy to hear that the baby's head and body have proportioned out. His head is no longer SO much bigger than the rest of him. He has a large head, 12 cm , but my cousin delivered a baby who's head was 15cm.

I'm worried that a csection recovery will be harder to recover from. I'll be a burden to all those around me, etc.

But all is well. The NST went fine. James moved enough, and I was on the monitor for 30 minutes.