

## Our TTC Journey

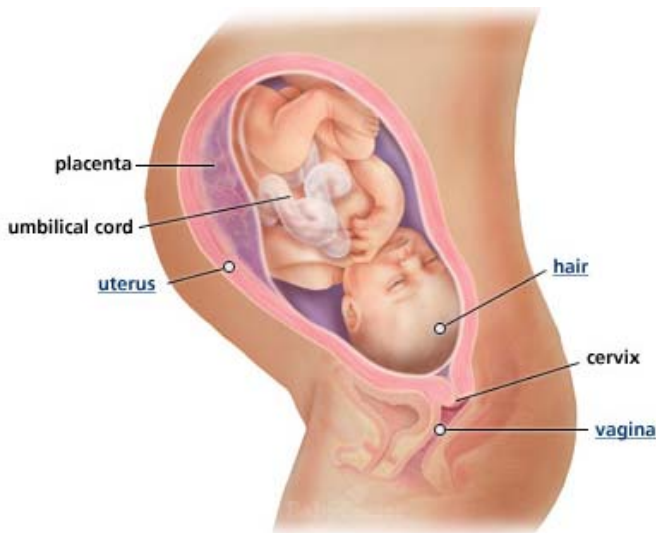
### Week 37 – July 25<sup>th</sup> – July 31<sup>st</sup>, 2008



Wow, so with our induction date, I'm realizing now that my working from home won't be for too long. I also realize that I've to start getting last minute things into my bag, because although we have a date set, my water could break any day now, and I need to be prepared for that. So no more procrastinating. We have to get our things prepared !!

You are considered full-term now and your baby's final touches are being made. The crown-to-rump length of your baby is now 14 inches and the total length is around 21 inches. Your baby weighs approximately 6.5 pounds. Your uterus may be measuring about the same as it has been and is probably about 6.5 inches from the top of your bellybutton.

This week your baby should engage into your pelvis. If this is not your first pregnancy, it may happen later.



When your baby engages, his head drops down into your pelvis and you might feel a slight sensation called `lightening` as the pressure on your ribs eases. As your baby drops into the final position for delivery, you may experience a buzzing feeling and shooting pains in your groin and leg. Normally, you will be able to breathe and eat easier. However, your uterus pushes down harder on your bladder and you will have an increased urge to urinate more frequently. Even if your baby engages now, you still possibly feel his feet in your breastbone around week 40.

Your baby is now fully mature and ready to be born. However, your baby is still growing and developing every day. Fat is still being laid down at a rate of a half ounce a day. If this is your first pregnancy, you can expect to deliver closer to 40 weeks or shortly thereafter. If this is not your first baby, you might go earlier than 40 weeks! Make sure that your bags are packed for the hospital and remember to preregister for admission.

Your doctor may begin doing weekly pelvic exams to evaluate your cervical changes and progression. Your healthcare provider will make sure that you are not leaking amniotic fluid and will also examine your cervix to check for effacement and dilation. Before labor, your cervix is thick and 0% effaced. During labor your cervix thins out and right before delivery it will become very soft and 100% effaced.

Research shows your baby can be affected by stress. Make time to relax, to have fun, and to rest. Your baby has learned to coordinate sucking, swallowing and breathing so it can do all three when breastfeeding. Babies practice shallow breathing before birth, using amniotic fluid.

July 25 – I finally got the nursery all setup, finished and it is now prepared for James' arrival. I wasn't sure at first that I wanted to get furniture before the baby came home, but I figured if we wanted the good furniture from the store that was closing, we'd better purchase it now.



Beanlette's Corner

We're keeping the crib and bassinet in our master bedroom for now. We're also keeping a spare queen sized bed in the nursery for a tired parent or grandparent. We'll remove that bed when the crib goes into the nursery, sometime about 9 months from now.





July 26 – I have some days where I actually have more energy than others. I am actually glad now that I got all of the shopping and preparations done before I got too far along, because all I want to do now is rest. Not necessarily sleep, but just rest, relax, and put my feet up. If I'm out too much, or if I'm on my feet too long, not only do my ankles start to swell, but I get warm, and impatient. We took our car in for service today, and ended up getting some tire drama that couldn't have come at a worse time. We're trying to have a relaxing labor experience, and we need to not fight with Toyota at this point in our lives.

July 27 – More tire drama. I think it'd be best if we waited until tomorrow to deal with it, as the service department isn't open today. So instead we use the day to finish last minute errands and spend the day relaxing and setting up our Graco Swing.

July 28 – Today was a busy day. The NST went well, but the nurse had to hold the monitor on my stomach because it had to be held at a certain angle. When the test was finished my mom and I ensured that the laptop's wifi card works at the hospital. This way we can put James' pictures on the net before we get home. So his family and friends can see him !!! I ran a few errands then came home and relaxed. I slept well tonight, well as well as I could due to this never ending groin pain.

July 29 – So while working from home today, the house starts to shake. I swear, how am I supposed to relax when the ground won't stop moving??? My water didn't break, this isn't a Michael Bay movie, its real life. I did make sure to check in with family and friends to tell them that I was fine, and no, I wasn't in labor. James wasn't too active tonight I noticed. He barely passed his kick count at night, but that was because I kept rubbing my stomach to keep him awake. I chalked it up to him having little to no room to maneuver, and well he's only human, and some days you have more energy than others.

July 30 – James has been more active today. My sugars have been good lately as well. I can't get enough nectarines. I swear I could eat them all day long. I checked in with my BFF and she's doing great with her twins, that makes me so happy, as I don't think I could handle any bad news at this point. I need to keep happy baby thoughts around me. So many of my friends that are pg with me on my message board site are laboring now. Today marks the second baby in as many days. Its all so exciting. We're all going to have kids that are exactly the same age. I can't wait until we're all mommies together, sharing experiences and advice about what's working for our little ones. Oh and of course, the adorable pictures that the proud mommies will post. Wow this is just a wonderful time in our lives. I still can't believe its happening. We're so blessed.

July 31 –