

## Second Trimester: Month Six

### Baby's Growth and Development

Your baby is growing longer and heavier. Fat is forming under their skin. This will help your baby stay warm after birth.

The skin on your baby's hands and feet is getting thicker.

Your baby's handprints and footprints are forming.

You might be able to feel your baby hiccup.

Your baby's skin is covered with wax (vernix caseosa). This wax moisturizes and protects your baby's skin. The wax helps your baby move through your birth canal during labour. It also helps to keep your baby warm.

Your baby will respond to sound, rhythm, and melody.

When you touch your stomach, you may be able to tell if you are feeling the baby's head, back, arm, or leg. Gently feel your stomach. If one side of what you are feeling is smooth, it is probably your baby's back. If one side is lumpy, it is probably your baby's arms and legs.



## Changes to Your Body

### Can you connect with your baby?

You will feel your baby moving. Connect with your baby. Talk to your baby.

### Do you have discomfort or pain?

You may have pain in your back, hips, and legs. This can make it hard to sleep. Try sleeping on your side with a pillow between your legs. Massages and stretching can help. Be sure to find a massage therapist certified in prenatal massage.

Your feet, ankles, and hands may swell. Rest and put your feet up. Avoid wearing tight clothing, rings, watches, and socks with elastic tops. Wear comfortable shoes. Flex your toes up and down.

If you have leg cramps, eat foods like yogurt for calcium and bananas for potassium. Potassium intake is important for electrolyte balance in your blood. Your body increases the amount of blood it has by 50% when you are pregnant. Therefore, more potassium is needed to keep this balance.



## How will your body change?

Your breasts will become larger and heavier.

You may get hemorrhoids. If you do, try soaking in warm water or use ice to relieve the pain.

Your heart rate will increase. This happens so your baby can get the blood and oxygen needed.

You may get increased discharge from your vagina. It will be clear or yellow. If it seems unusual, see your health care providers.

## Are you working?

At this point in your pregnancy, it is recommended that you do not lift more than 50 lbs.

