

Third Trimester: Month Seven

Baby's Growth and Development

Your baby may suck their thumb.

Your baby can cry.

Your baby's hearing is fully developed.

Your baby is responding to stimuli (sound, light, touch) similar to a newborn.

Your baby's eyes can tell the difference between light and dark.

Your baby controls their own body temperature.

Your baby's head and body are fully grown. Your baby will continue to gain weight.

Your baby's lungs are still growing.

When does my baby's brain develop?

Your baby's brain has been growing throughout your whole pregnancy.

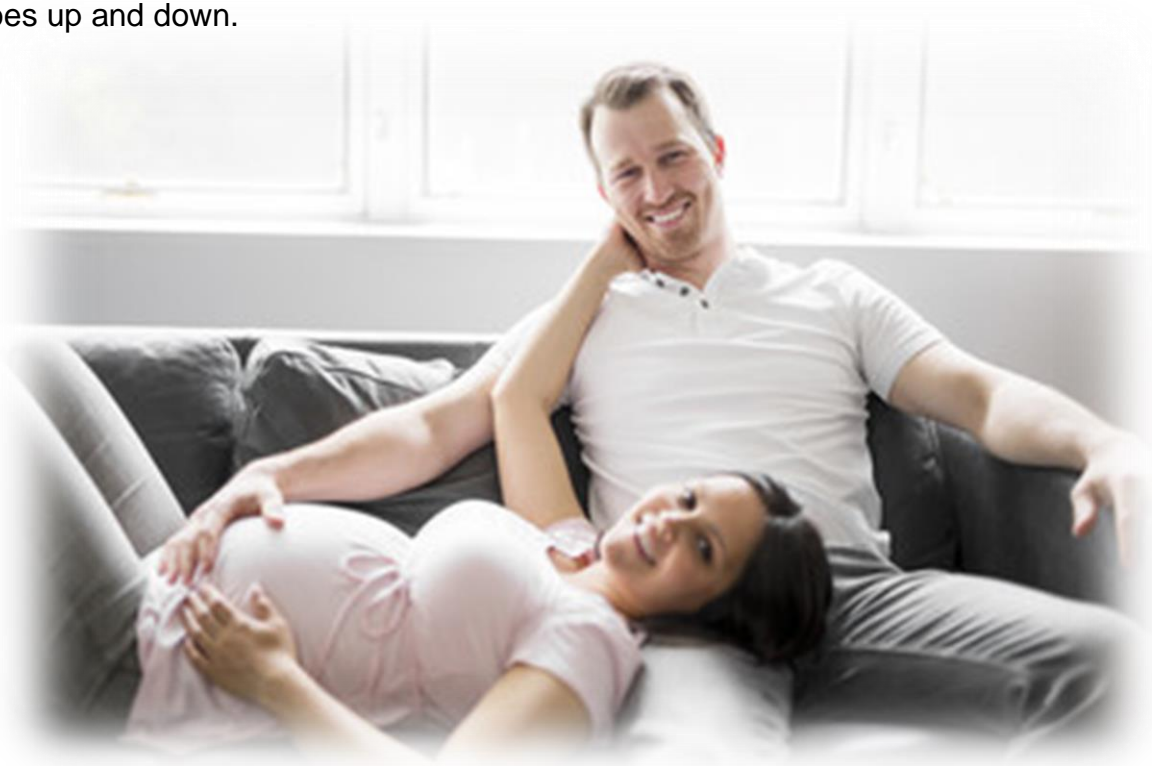
Changes to Your Body

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 rib cage may be sore. You may feel pain in your side.

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.



How will your body change?

Your breasts will become larger and heavier.

You may have Braxton Hicks contractions. Your stomach muscles tighten to get ready for labour. These don't happen often and are mostly pain-free. If you are unsure if you are having Braxton Hicks contractions or going into labour, talk to your health care providers.

You may be short of breath during pregnancy. This is because your uterus is pressing against your lungs.

You may have stretch marks.

Your immune system lowers when you are pregnant. This means you can get sick easier than before so you need to take extra care.

