

Third Trimester: Month Eight

Baby's Growth and Development

Your baby knows your voice.

Your baby takes up most of the space in your uterus but there is still enough room for your baby to move around.

Your baby can open their eyes.

Your baby's lungs are fully grown. With help, your baby can survive if they are born early.

Your baby will double in weight in the next two months.

Your baby's organs are fully developed.

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. Your navel (bellybutton) may stick out.

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.

How can you prepare for labour and birth?

Sometimes babies are born early. Pack your bags for the hospital at the beginning of the month. It may help you feel less anxious.

Here is a general list of items to take to the hospital:

For you:

- Bathrobe
- Comfortable pajamas
- Eyeglasses (don't bring contacts)
- Going home outfit
- Health card
- Maternity underwear (3-4 pairs)
- Nursing bra
- Paperwork your health care providers have given you
- Picture ID (identification), like a driver's license
- Prescribed medications
- Slippers
- Socks
- Things that help you relax (pillow, blanket, music, book)
- Toothbrush, toothpaste, soap, deodorant, brush

For baby:

- Baby (receiving) blanket
- Car seat (approved for use in Canada)
- Diapers
- Going home outfit (including socks and a cap)

Many pregnant women feel worried about labour. For more information about labour, please see the chapter Getting Ready for Baby.

Some women develop a birth plan. A birth plan allows you to voice your wants and needs regarding labour and delivery. Plans can contain information such as who you would like to be with you during labour and delivery.

Being prepared with a birth plan is a great idea. However, sometimes things don't go as planned. The most important thing is the health and safety of you and your baby.

Keep seeing your health care providers.

How will your body change?

Your uterus hardens. 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.

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

You may have stretch marks.

