

Third Trimester: Month Nine

Baby's Growth and Development

Your baby develops reflexes.

Your baby can grasp their own hands.

Your baby's head moves toward your pelvis to be ready for birth.

Your baby is getting stronger and keeps putting on weight.



Changes to Your Body

Can you connect with your baby?

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

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 has become quite large. It presses against other organs.

You will feel heavy and uncomfortable.

Your baby has moved lower in your pelvis to get ready for birth. This puts your baby in position for delivery. You may find it easier to breathe and have less heartburn after this occurs.

You will have to pee more.