

changing shape

week by week

By now there will be no hiding your pregnancy – and you will no doubt want other people to know that soon you will be a parent. This week-by-week guide will keep you informed as the big day approaches



In this last trimester of your pregnancy while your baby is putting on weight you will be thinking about the labour and birth, and starting your new life as a parent.

Week 25

You: If you feel a pain in your side it is probably the muscles stretching to support your growing uterus. However, it is important that you report this at your next antenatal appointment.

If you have started antenatal classes make sure you go equipped with questions.

Baby: All baby's organs are functioning except for the lungs. However, if the baby is born he would have a reasonable chance of survival though he would have to spend many

weeks in a neonatal intensive care unit. Only about five per cent of babies are born prematurely.

Week 26

You: How much do you know about breastfeeding? Have you ever seen a woman breastfeed? Reading up on breastfeeding will help you when your baby is born. Most women feel healthy and fit. If you are going to pregnancy exercise classes remember that your joints loosen during pregnancy and your back is more susceptible to damage.

Baby: Baby's brain is growing and a fatty protective sheath now covers nerve fibres. This is important because it allows brain impulses to travel quickly – an important function in learning.

Week 27

You: Your growing uterus may be pressing on nerves and other organs. Be aware of your body's circulation and change positions frequently. Gentle stretches can be helpful.

Baby: Baby can still move around in the uterus though things are getting a bit cramped. The placenta is working full steam providing your baby with nourishment and filtering the blood that passes from your bloodstream to your baby.

Your baby is the size of an average honeydew melon and baby's skin is changing from transparent to opaque