

Healthy expectations

About baby

At week 30, there's a lot of activity going on in your womb. Your baby is continuing to develop as you get closer to full term. At this time, your baby:

- Measures between 15 and 16 inches in length
- Weighs about 3 pounds
- Has slowly developing eyesight, though vision is poor, even at birth
- Has increasing brain activity and development

About mom

You're also going through a lot at this stage in your pregnancy. With hormonal changes, weight gain and possible anxiety about the birth of your child, you may be experiencing:

- Mood swings
- Fatigue
- Trouble sleeping
- Hormonal changes
- Emotional ups and down
- Increased clumsiness

Depressed or just tired of being pregnant?

Many women experience mood swings or periods of emotional ups and downs during pregnancy. Though perhaps you were thrilled to be pregnant during the first few months, now the stress on your mind and body may be getting you down. Don't worry, this is perfectly normal. If you're just feeling down and can't seem to get back up, try doing something nice for yourself. Focus on 'you' and enjoy the time you have to yourself now, before your baby is born. Get a massage or go out to lunch with your friends. You may want to try a new hobby or just curl up with a good book.

If these low periods become persistent, however, or interfere with the daily function of your life, you may be among the 10 percent of women who experience depression during the late stages of pregnancy. Talk to your physician if you think you may be experiencing depression.

Hospital checklist

It's a good idea to have a plan of action ready for when you go into labor. You'll want to map your route to the hospital and be aware of how to get to the delivery area quickly. You should also prepare a checklist of what you will need and want to bring with you to the hospital to make your stay more comfortable.

Items to consider including:

- Toiletries such as toothbrush, toothpaste, makeup, deodorant, lotion, soap, etc.
- Comfortable clothes (i.e. loose gowns, short sleeves or sleeveless, bathrobe & slippers)
- Eyeglasses, if needed
- Important paperwork, your insurance card & information
- Light reading material
- Anything else that you may find comforting

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Meet our pediatricians

Choosing the right pediatrician to care for your child is as important as choosing an obstetrician for your prenatal care. It's a good idea to start looking early to find a pediatrician with whom you are comfortable. Optum also offers pediatrician 'Meet and Greet' appointments where you can meet with our providers and get to know them before your baby is born.

Southwest

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