

## Growing Together

32 weeks

### Your Baby

Your baby looks more like a newborn now. Her arms, legs, and body are filling out. They are finally in proportion to the size of her head.

- She has enough body fat under her skin to make her skin look smooth and healthy.
- Small nipple buds appear on her chest.
- Nails have grown on the tips of her fingers.
- Her lungs are still not mature, but she has better control of breathing. She can also suck and swallow. Many babies spend a lot of time sucking their thumbs at this age!
- Your baby's vision is blurred right now, but she can sense light and dark. By the time she is full-term, she will be able to see shapes and bright colors.
- Your baby hears you and your working body. She can hear your stomach rumble and your heart beat. She also hears voices and sounds outside your body.
- She has lots of taste buds on her tongue. Many of these will disappear before birth. She can easily tell the difference between sweet and sour now.



*Your baby now weighs about 2¾ to 4 pounds and is about 16½ inches long from head to toe.*

### Changes in You

- You may feel your attachment to your baby growing stronger every day.

- With her brain and hearing more developed, your baby can communicate with you. Others may be drawn to how she responds to you.
- Kicks are much stronger now and you may feel them under your ribcage. Sitting or lying in one position for very long may be uncomfortable.
- Other discomforts such as constipation, sweating, problems breathing, and increased need to urinate are all reminders your baby is growing.
- Heartburn is common. These symptoms often go away in the last couple of weeks of pregnancy, when the baby moves down into the birth position. In the meantime, try these tips to reduce heartburn:
  - Think about eating small meals more often, instead of 3 larger meals.
  - Avoid eating less than 2 hours before bedtime.
  - Prop up in bed instead of lying flat.
  - Try to avoid eating foods that give you a burning sensation.

## Questions?

Your questions are important. If you have questions about your baby's growth and your changing body, talk with your healthcare provider at your next clinic visit.