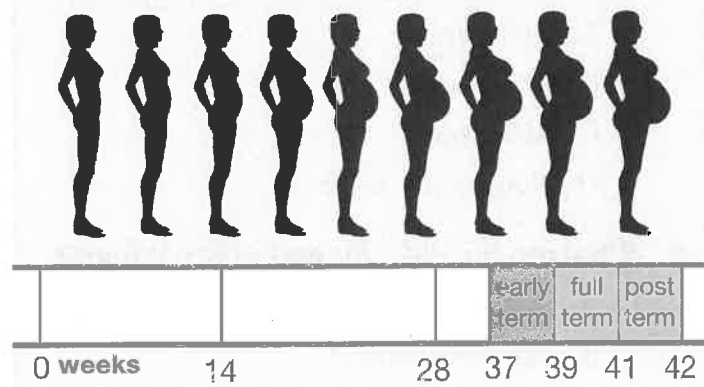


### 3<sup>rd</sup> Trimester

- Your baby gains body fat, his lungs mature, and his brain is wired for thinking.
- You may experience a wide range of emotions and fears. Be sure to communicate your feelings with your partner, friends, and healthcare provider.
- Your baby needs more nutrients to help her brain and bones develop, so have lots of healthy foods on hand. Foods such as carrots, hard boiled eggs, cheese sticks, and fruit are easy to grab and go.
- Since your baby is still developing, it's important to continue avoiding hazards, such as alcohol, smoking, illegal drugs, and marijuana.
- Exercising has many benefits: it can relieve pregnancy discomforts and increase your chances for an easier labor and postpartum recovery. Try swimming, yoga, and walking.

### Pregnancy Timeline



### Discomforts:

- Upset stomach
- Backaches
- Leg cramps
- Swelling
- Itching abdomen
- Shortness of breath

Ask your healthcare provider about ways to ease any discomforts you are feeling.

### Anatomy of Pregnancy

