

# Suggestions For Last Weeks Of Pregnancy



## TIME FLIES WHEN YOU'RE HAVING FUN!

With a five week window for labor to start, (three weeks before and two weeks after the due date) the end of pregnancy can seem to drag on and on. The following suggestions can help pass the time:

### **Stop working before the due date if at all possible.**

Prolonged standing or sitting can intensify the normal discomforts of late pregnancy and restless nights can make napping during the day vital. Take time to tune into the fact that a big change is coming, a little transition time can be important.

### **Make some memories.**

Take photos to capture the amazing changes that have taken place over the past months, as it will all too soon be a memory. Journal about being pregnant and becoming a mother - pregnancy's effect on day-to-day life, the anticipation of labor, and the wonder of the little person inside. It is surprising how soon the perspective of pregnancy is lost once the baby is born.

### **Take a trip to the hairdressers.**

A haircut can perk up the spirits, but be sure to get a easy-care cut, as you soon won't have time for high maintenance styles. Getting to the salon in the first few weeks after the baby comes may be next to impossible, so be sure to keep a short do or bangs trimmed as the due date approaches.

### **Pamper your feet.**

Just because you can't see them doesn't mean they aren't there. A professional pedicure can be a wonderful treat for tired, swollen feet, but amateur foot care can be just as enjoyable! Soaking weary feet in a basin of warm water with a handful of Epsom salts is very refreshing. If you can follow it up with a foot massage, all the better. (Note for partners and friends: a foot massage is easy, even if you don't really know how to do it. Just be gentle, avoid the ankle area, talk to the woman and follow her direction as to what feels good.) Finish up by painting the toenails. With a little encouragement (and those little foam toe separators) even dads have expanded their skills to include toenail painting.

### **Don't answer every call, text or post.**

There's nothing at all fun about the calls that start coming in weeks before the due date, asking if the baby is born yet. Finding a way to say 'don't call us, we'll call you' in a nice way can do wonders for one's sanity when the baby comes after the due date. In fact, some women tell friends and family a due date that is a week or so after the official one to cut down on well-meaning phone calls and texts. Any lull in social media causes speculation that labor has begun, some women start cutting back on posts in late pregnancy to avoid all the second guessing.

### **Find some community.**

If you don't have a lot of friends having babies, start collecting leads to create your own community. Attend La Leche League meetings before the baby comes, share contact information with others from your childbirth education class, and be sure to go to the reunion class (organize your own if its not part of the curriculum.) Gather information on breastfeeding and parent support groups and put it on the fridge (not in the growing mountain of pregnancy and labor information), then after your baby comes be sure to go.

### **Tune in.**

Practice meditation, relaxation or visualizations to help prepare for birth. Take some time out each day to focus on the baby growing inside. A prenatal yoga class might be just the ticket.

