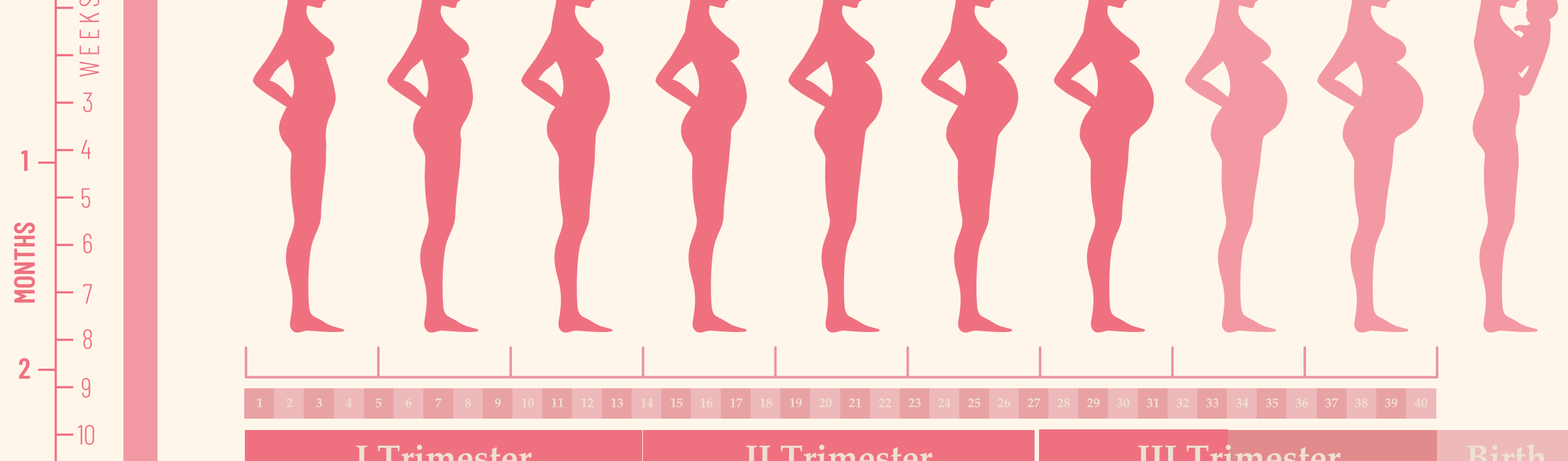


Your pregnancy week by week: weeks 32 & 33



When your bump grows large, it's normal to start waddling. That's your body's way of **compensating** for carrying all that extra weight in the beginning.

Everything from **what's going on inside your body to how your baby is developing** at weeks 32 and 33, as well as tips and advice on **how to have a healthy pregnancy**, is right here. Have fun reading!

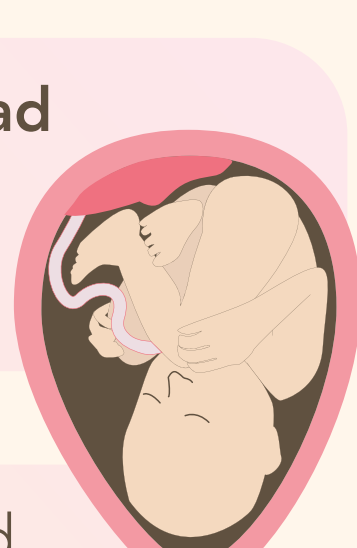


Week 32

The 32th Week of Pregnancy

What is happening with your baby at 32 weeks pregnant^{1,2} ?

- By 32 weeks, the baby is normally **lying with their head pointed downwards**, preparing for birth. **Cephalic presentation** is the term for this.
- **It's not a cause for alarm** if your baby isn't lying head down at this point; there's still time for them to turn.



- Your baby is still **consuming fluid and passing** it out as pee, and the amount of amniotic fluid in your uterus is expanding.

How big is your baby when you are 32 weeks pregnant ?

Your baby is approximately **the size of a kale leaf** and **the weight of a joint of beef**.³



Your Body

- You'll gain about a kilogram per week over the next four weeks.³
 - o Your kid will gain weight as well, gaining about a kilogram of fat.
 - o The extra weight will assist your baby to maintain a healthy body temperature after birth, as it's quite simple for small bodies to become too hot or cold.
- Being active and in fit during pregnancy will assist you in adjusting to your altering shape and weight increase.¹
 - o It can also assist you in coping with labor and regaining your fitness after the birth.



Week 33

The 33th Week of Pregnancy

What is happening with your baby when you are 33 weeks pregnant⁴ ?

- The billions of developing neurons in your baby's brain are helping him or her learn about the in-utero world in these last weeks before delivery.
- Your baby can listen, feel, and even see somewhat. Your baby's eyes can detect light, and the pupils can constrict and dilate in response.
- Your infant sleeps a lot, like a newborn
- The lungs of your baby are almost fully developed.
- For protection and warmth, fat will continue to accumulate on your baby's body.
- In the weeks leading up to delivery, babies gain a significant amount of weight.

How big is your baby when you are 33 weeks pregnant ?

Your baby is approximately **the size of pineapple** and **the weight of a laptop computer**.⁵



Your Body⁵

- You may feel quite fatigued right now, which is understandable given that you're carrying an extra couple of kilos.
- Braxton Hicks contractions, also known as practice contractions, are a type of contraction that your womb may use to prepare for birth.
- These can feel like a 20-30 second tightening over your bump before the muscles relax. It shouldn't be a problem.
- If your contractions become painful or come at regular intervals, call your doctor or the hospital to see if you're about to give birth.

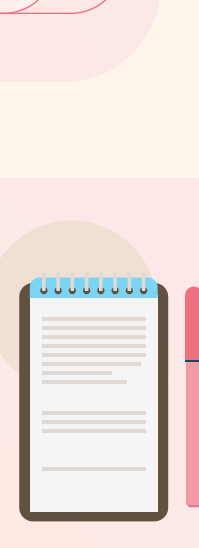
Tips for making your pregnancy better

• In the bag: preparing for the birth⁵

- Babies develop at **their own pace**, and just 1 in every 20 will arrive on schedule. **It could be a good idea to pack your luggage now**, so you'll be ready to travel if your kid arrives early.



- Put inside:
 - your **birth plan** and hospital records
 - baby's **clothes and diapers**
 - anything **loose and comfortable to wear** during labor
 - **spare** clothes and underwear
 - nightclothes
 - breast **pads** and nursing **bras**
 - sanitary pads that are extremely **absorbent**,
 - a **towel** and a wash bag
 - wholesome **munchies**
 - any **prescription drugs**



References:

1. NHS. You and your baby at 32 weeks pregnant. Page last reviewed: 04.10.2021. Available at: <https://www.nhs.uk/pregnancy/week-by-week/28-to-40-plus/32-weeks/> Last accessed at: 14.11.2021
2. Nemours KidsHealth. Parents: Week 32. Available at: <https://kidshealth.org/en/parents/week32.html> Last accessed at: 14.11.2021
3. NHS. Start 4 life. Week-by-week guide to pregnancy. Available at: <https://www.nhs.uk/start4life/pregnancy/week-by-week/3rd-trimester/week-32/#anchor-tabs> Last accessed at: 14.11.2021
4. Nemours KidsHealth. Parents: Week 33. Available at: <https://kidshealth.org/en/parents/week33.html> Last accessed at: 14.11.2021
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