Third trimester to-dos and don'ts

Congratulations, you've made it to the finish line! You will soon have a lovely new addition to your family. You may have been feeling more tired and uneasy in recent weeks, but you have a lot to look forward to! Here are tips for the last trimester of pregnancy

THE DOS

Eat Healthily¹

• It's critical to eat healthy foods throughout your pregnancy to give your

- baby a healthy start.
- Make sure your diet is varied and includes a variety of fresh fruits
- Remember to drink plenty of water as well.

and vegetables, as well as protein, iron, and calcium sources.

- Weight gain is a normal part of pregnancy, with most
- Try to stay active throughout your pregnancy, even if you are in your third trimester.

Stay Active¹



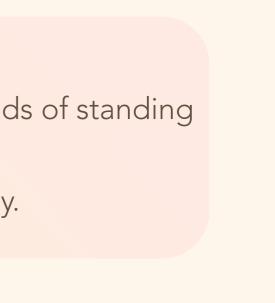
- While it's important to stick to safe, gentle exercise as your. due date approaches, recommendations state that

- By bending your knees and placing a pillow between them, you can make it more comfortable and easier to stay on your side. You can also use a pillow to support your stomach.
- Some women prefer to sleep with their heads elevated, either with pillows for support or by raising the head of

• If you wake up and realize you've been sleeping on your back, roll over

onto your side. If this occurs frequently, place a pillow behind your back

You may notice that your back hurts more at night. Try to avoid heavy lifting, housework, and long periods of standing if at all possible. And if possible, rest with your legs up during the day.



The baby may be pressing on your bladder, and the hormones associated with the later stages of pregnancy

can cause your pelvic floor to relax.

even more.

Pelvic floor exercises will help you manage any 'leaks' and avoid continence issues in the future.

Maintain good sitting posture.³

The frequency with which you need to pass urine at night may increase

desk. Here are some pointers to help you improve your posture:

Maintain proper body alignment while sitting,

swayback position, sit in a sturdy chair with low-back

support and tilt your pelvis forward. Your knees should

and avoid slouching or slumping. To avoid the

move as you sit or stand.

your baby's oxygen supply.²

the risk of stillbirth in half. 2

Proper posture is especially important if you work at a

ground. Choose a chair with soft arm rests that allow you to relax your shoulders and keep your elbows close to your body.

be slightly lower than your hips, and your feet should be flat on the

THE DON'TS

When you lie on your back, you put pressure on your major

• It has been shown in studies that sleeping on your side can cut

Avoid lying on your back.³

blood vessels. This can reduce blood flow to your womb and limit

• Here are some tips to help you maintain proper standing posture:

Avoid standing for long periods.³

- place for an extended period of time. This helps to relieve some of the strain on your lower back.
- doctor if you have any of the following symptoms:4 Heavily bled Headaches that are accompanied by spots, or flashing lights that do

Your water has broken, but you are not experiencing contractions.

THINGS TO CONSIDER

While every woman's pregnancy is unique, you should consult your

set up a properly fitted car seat (to bring your baby home) Think about what you'll need when you bring your baby

home – What will you buy, and will you be able to borrow from

book a tour of a hospital or birthing center

Don't forget to do the following as you enter the third

- are in the hospital.
- etc.)
- baby is born.
 - REFERENCES
 - https://www.pregnancybirthbaby.org.au/third-trimester. Last accessed at: 20/02/2022 2. Pregnancy, Birth and Baby. Sleep during pregnancy. Last reviewed: January 2020. Available at: https://www.pregnancybirthbaby.org.au/sleep-during-pregnancy. Last accessed at: 20/02/2022. 3. Stanford children's health. Pregnancy and Posture. Available at:

https://www.stanfordchildrens.org/en/topic/default?id=pregnancy-and-posture-134-8. Last accessed at: 20/02/2022. 4. UNICEF Parenting. Your third trimester guide. Available at: https://www.unicef.org/parenting/pregnancy-milestones/third-trimester. Last accessed at: 20/02/2022.

women gaining between 11 and 16kg.

pregnant women without complications should engage in regular exercise as part of a healthy lifestyle.

Sleep Well.²

- Sleeping on your side is better from 28 weeks till your baby is born.

to make rolling over onto your back more difficult.

Sleeping on your side is ideal for taking a quick nap on

the couch or going to bed at night.

the bed slightly. This can help to ease heartburn and snoring.

It's also a good idea to get up and walk around every hour or so. Crossing your legs while seated should be avoided because it can impair circulation.

Chairs on wheels should be used with caution because they may

It's preferable not to stand for long periods of time. Attempt to change your stance on a regular basis.

knees from locking. Keep your pelvis tucked in at all times.

When you must stand, keep your feet slightly apart and your

Spot one foot on a small step stool if you must stand in one

- THINGS TO BE AWARE OF
- Swelling that occurs suddenly or unexpectedly The fetal movement has been reduced (your baby should be moving every day)

Between contractions, there is constant pain.

not go away

- trimester:1 Prepare a hospital bag
- family or friends? Plan for the care of your other children (or pets) while you
- Consider doing your shopping ahead of time, especially for non-perishable staples (tinned foods, bathroom products,
- Cook in double batches throughout your third trimester, and stock your freezer for when things get hectic once the
- - 1. Pregnancy, Birth and Baby. Third trimester. Last reviewed: May 2020. Available at: