During this time, your baby will continue to gain weight - increasing from 5 ounces (about the weight of a turnip) to 8½ ounces. Your baby will grow from 5 inches to 6 inches (about the size of an heirloom tomato).

You might start to feel some movement, tiny flutters at first; this is called quickening and it happens around 20 weeks in first pregnancies. During this time, your baby is growing muscles and can even hear your voice now!

Sleep how you are comfortable. If you feel hot, nauseated, or unwell while lying on your back, sleep on one side or the other. As your uterus grows, it puts pressure on the big blood vessels that carry blood to and from your heart when you lie flat on your back, which can cause some of these symptoms.

**Ultrasound**

- Occurs usually at 20 weeks.
- This ultrasound looks at all of your baby’s body parts to detect fetal abnormalities.
- It is possible to see baby’s gender, if baby cooperates. Tell the ultrasound technician whether or not you want to find out if your baby is a boy or a girl.

- If there are any concerns with your ultrasound, your provider may refer you to a Maternal-Fetal Medicine provider.

**Health care for your child – thinking ahead**

You will have regular visits with your child’s health care provider – starting a day or two after you are sent home from the hospital. This health care provider will answer questions regarding parenting, nutrition, developmental milestones, and routine vaccinations. It is important that you are comfortable with, and trust, this provider. Some families choose to meet with several child health providers while they are still pregnant so that they can ensure a good fit for their family after their baby is born. Below are some common questions that you might ask:

- How long have you been in practice?
- Do you have special areas of interest?
- What are your office hours?
- Do you work in a group? If so, how many providers are in your group?
- Do you offer same-day sick appointments?
- How do I communicate with you?
Health Care
University of Missouri Health System

Custom

Have You Given Breastfeeding More Thought?

For some women, they have never known someone who has nursed a baby. Other women have already decided that they plan to breastfeed after delivery.

All major health organizations recommend that babies breastfeed for at least one year. For the first six months, all your baby needs is breastmilk. Your baby doesn’t need water, juice, tea or formula.

After six months, complementary foods can be given in addition to your breastmilk. It is recommended that all cow milk and soy milk be avoided until after your baby is one year old.

For some women, one year seems like a long time and they don’t think they can commit to that. We want to encourage you to try breastfeeding while you are in the hospital and during the first couple weeks of your baby’s life. Take breastfeeding one week at a time.

Every day that you provide breastmilk to your baby makes your baby healthier and stronger!

***SUMMARY OF FEEDING RECOMMENDATIONS***

Birth to 6 months - Breastmilk Only (Exclusive Breastfeeding)

6 months to 1 Year - Breastmilk plus Complementary Foods (pureed fruits, vegetables, meats, grains)

Beyond 1 Year of Life - Continue breastfeeding as long as you and your baby are happy. At this point, you can introduce cow’s milk.
Registering for your Baby

Often, after families have their detailed ultrasound, they are planning to register for baby gifts. This is a fun (and overwhelming) activity. There are a couple items that you will need that can impact the safety of your child.

1 - Car Seat - Your infant will need a safe car seat. Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent. Here are a few tips regarding car seat safety.
   - For the best protection, keep your baby in a rear-facing car seat for as long as possible – usually until about 2 years old. You can find the exact height and weight limit on the side or back of your car seat. Kids who ride in rear-facing seats have the maximum protection for the head, neck and spine. Don’t worry about their feet. It is especially important for rear-facing children to ride in a back seat away from the airbag.
   - Look at the label on your car seat to make sure it’s appropriate for your child’s age, weight and height.
   - Your car seat has an expiration date. Find and double check the label to make sure it’s still safe.
   - Borrow a car seat only if you know its full crash history. That means you must get it from someone you know, not from a thrift store or over the internet. Once a car seat is too old, is missing parts, has been in a crash or is recalled, it needs to be replaced.
   - Read the Manual!
   - For more information on car seat safety (and other ways to keep your child safe), visit the Safe Kids Website at safekids.org

2 - Infant Sleeping - As you are preparing to bring your baby home, you will want to ensure that you have a safe place for your baby to sleep. Here are some tips as you think about creating a safe sleeping spot for your little one!
   - Make Sure Your Crib Is Up-to-Date - Check that your crib meets safety standards of the Consumer Product Safety Commission (CPSC) and the Juvenile Products Manufacturers Association (JPMA), and make sure it has all the right pieces.
   - If you can fit a can of soda between the slats of a crib, that means a child’s head, hand or foot could get stuck.
   - If the sides go down, don’t use the crib.
- We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.
- Corner posts of the crib should not stick up more than one-sixteenth of an inch. It doesn't seem like much, but anything more can be risky.
- Check to make sure there are no design cutouts in the headboard or footboard.
- If your crib doesn't meet CPSC standards, don't use it.
- If you are getting a used crib, check to see if it has been recalled at www.recalls.gov.
- For more information on safe sleeping (and other ways to keep your child safe), visit the Safe Kids Website at safekids.org.