25 weeks – 28 weeks

During this time, your baby will grow from 1½ pounds (about the weight of a rutabaga) to 2¼ pounds (about the weight of a large eggplant). The length of your baby will grow an additional inch. Baby at 28 weeks

During this time, your baby’s eyes and eyelashes are developed and start to open. Your baby will start to practice breathing by filling its lungs with amniotic fluid. This is normal.

Common third trimester symptoms

• Heartburn
• Constipation
• Frequent urination
• Shortness of breath
• Occasional contractions (Braxton-Hicks contractions or practice contractions)
• Low back pain and hip pain
• Difficulty sleeping

Pre-term labor precautions

If you go into labor at this point in pregnancy, we would likely try to stop it using medication. It’s important to call the OB triage center at (573) 499-6100 or go to the hospital for signs of pre-term labor. Early labor signs:
• If you experience more than 4 contractions in an hour despite drinking 2 full glasses of water and lying down
• If you have any vaginal bleeding
• If you feel a gush or a constant trickle of fluid, this could mean your water has broken
• If you don’t feel baby moving like normal, count fetal movements

How to do fetal kick counts

• Eat a snack, drink a glass of water, lay down on your side in a quiet area, and focus on baby
• Any fetal movement counts such as kicks, wiggles, rolls, flutters, or hiccups
• Your baby should move at least 4 times an hour twice a day
• If baby isn’t moving normally, call the OB triage center at (573) 499-6100

Pertussis (whooping cough)

It is recommended that all pregnant women receive a vaccination for Tetanus, Diphtheria, and Pertussis even if you’ve recently received a tetanus shot. This helps protect your baby from whooping cough after it is born. The vaccine is given in the third trimester, 28 weeks and beyond.
Risks of Supplementation and Pacifier Use
Why we give babies only breastmilk
(unless formula is medically necessary)

Will my baby need anything other than my breastmilk to eat?

- For the first six months of life, it is recommended that babies drink breastmilk and nothing else.
- We will help you nurse frequently so that your body will make enough milk for your baby.
- At birth, your baby’s stomach is the size of a shooter marble. A few drops of colostrum (early milk) is all that is needed at each feeding.
- Some mothers worry that they are not making enough milk and want to give formula until their milk volume increases (usually around days 3 through 5).
- There are risks to giving your baby formula during this time, such as:
  - Increasing the chances of the baby having diarrhea (or other illnesses)
  - Making your milk supply lower
  - Making your baby less content when you breastfeed the next time

Will anyone recommend that we use formula?

- There may be times when using formula is a medical recommendation made by your baby’s doctor. For example, if your baby becomes dehydrated or is having problems keeping the sugar levels normal, supplementation with formula may be necessary. If this happens, we
will support your baby in a way that will ensure that you will continue being successful with breastfeeding.
- We will use the smallest amount necessary to help your baby
- We will not use a bottle (we will use a cup, tube, or spoon)
- We will have a lactation consultant follow you in the hospital and when you go home
- We will continue having you nurse your baby at the breast while also expressing milk for your baby

I've heard that pacifiers aren't given in the hospital – is that true?

We no longer recommend using pacifiers for healthy term babies until breastfeeding is established. **We want you to feed your baby whenever she seems hungry. A pacifier can hide these hunger signals and can lead to less frequent nursing. Ultimately, this can affect your milk supply. Babies suck on pacifiers differently than the breast.** Until your baby learns to breastfeed, we want all of his effort to be spent practicing at your breast. Once breastfeeding is well established, you can introduce a pacifier to your baby.

How do I know if breastfeeding is well established?

Here are some signs that breastfeeding is well established:
- your baby can easily latch on
- you are comfortable – nipples are not sore
- your milk supply is established
- your baby is back to birth weight

Is a pacifier recommended after breastfeeding is well-established?

After you are comfortable breastfeeding and there are no concerns about your baby's weight gain, then pacifiers are recommended. There is some evidence that using a pacifier decreases the risk of SIDS (sudden infant death syndrome).

February 6, 2017