Are you STILL Pregnant?

By the time you reach 37 weeks people will more than likely already be asking you when you are going to finally have that baby. As if they were the ones dealing with all of the discomforts, worrying about all of the hydration and dietary needs you have had, and trying to function on whatever amount of sleep you can manage to squeeze out each night. RELAX! No one is pregnant forever... though it may sometimes feel that way, especially if you reach 40 weeks and your baby isn't ready to come out quite yet.

Some babies need a little more time because your menstrual cycle (remember that?) is longer (more than 28 days). Often time first time mothers will carry their baby's 7-10 days past their due date. This is totally normal and of little concern. However, once you reach 41 weeks, your midwife will want to begin talking with you about things you can do to encourage your baby to make its arrival. There may also be some discussion about non-stress tests and bio-physical profiles to ensure your baby is still doing well. These are non-invasive ways to determine your baby's health and well-being.

As always, if you have questions or concerns; please contact your midwife.

Here are some things you can do to encourage your baby to arrive on time.

- ❖ Stay active
- ❖ Unprotected Intercourse
- ❖ Nipple Stimulation
- ❖ Massage
- ❖ Chiropractic
- ❖ Acupressure
- ❖ Acupuncture

Here are some things your midwife may offer.

- ❖ Herbal Labor Prep (around 34-36 weeks)
- ❖ Stripping Membranes
- ❖ Stretch & Sweep
- ❖ Herbal Tinctures
- ❖ Homeopathic Remedies
- ❖ Rupture of Membranes

References

King, T. L., Brucker, M. C., Fahey, J., Kriebs, J. M., Gegor, C. L., & Varney, H. (2015). Varney's midwifery (5th

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Photo Credit

Couple Cuddling:
    https://www.pinterest.com/pin/101471797828169905/

Midwife & Family
    http://www.bing.com/images/search?view=detailV2&ccid=q3jiMEi8&id=492C24F1ECAE2791EFF3
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