

# Baby's Almost Here: Enjoying the Final Weeks of Pregnancy

Baby Rudi's on-time arrival, just five days before Jennifer Liu's due date, has made bringing home a newborn a pleasure.

*"For the most part, once my milk came in, you know, he was nursing fine too which was good. And I know that that can be really challenging, but so far, it's been really good."*

Jennifer's lactation specialist, Julie Duncan, offers solid, soothing advice.

*"That looks like a very good latch." "It's very good, yes."*

Duncan sees firsthand the benefits for babies like Rudi when they're born at, or close to, the 40-week mark.

*"The baby's just more ready to face the world when it's full term. Babies don't like to be rushed and it's better for the baby to decide on its birthday."*

Pediatrician Dr. Anna Kuo is the first to assess newborns in the hospital.

*"He's sitting well, rolling in both directions-very good, babbling, squealing."*

She guides new parents through the joys and jangled nerves and strongly supports efforts to encourage full-term deliveries.

*"We now understand that really a baby may look like a full-term baby delivered at 36 or 37 weeks, but in reality, there's still a lot of maturing that needs to be done both in the brain and in the lung tissue and other parts of the body."*

Now 6-months-old, baby Isaiah is about to go mobile. His mother, Heather Kersey, went into the pregnancy with the goal of a full-term delivery.

*"When I first found out I was pregnant it was very important to me to find a midwife that would not encourage induction, but Isaiah came three days early on his own."*

Yoga enthusiast and expectant mom Becky Nickerson maintains a healthy lifestyle to increase the likelihood of going full-term.

*"If you have access to a pool, that is absolutely the best thing to do. You can't hurt yourself in the water. You can walk in the water. It makes you feel good and that's a good kind of exercise for mothers to do. And you feel better."*

*"Making that time for myself is very important, and to not feel guilty about it. I think that as women and moms, we feel guilty for taking time for ourselves, like going and getting a massage, or going and having our nails done, or just having some quiet time to read."*

The better the preparation, the easier the transition in bringing baby home. Then it's all about savoring every second.

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*"I like playing with his hair when he's feeding, but just mostly trying to just kind of give him a lot of attention."*

*"It's very, very special because they do grow up so fast. In the blink of an eye, they're up crawling, walking, and apparently next they go to college, so it's truly an amazing thing."*