

Pregnancy: Third Trimester

As you enter your third trimester, you and your baby are closing in on the finish line. This stage of pregnancy lasts from weeks 28 through 40.

During these final weeks, your baby will continue to grow, putting more pressure on your bladder and other organs. As a result, you may need to pee more often. Or you may have trouble taking deep breaths.

You may still have symptoms like heartburn, constipation, hemorrhoids, and back pain. And some of these may get worse. You may also have some other uncomfortable symptoms like: Hot flashes; Swelling of your feet, hands, and face; More body hair, sometimes in new places; Fluid leaking from your nipples; Leg cramps; Trouble sleeping; And false and real contractions.

By 29 to 32 weeks of pregnancy, your baby is as big as a head of cabbage. Their brain continues to develop. They can hear and see. And the lanugo, a soft downy hair on their skin, starts to disappear.

Around 36 weeks, your baby's bones have hardened. But their skull stays soft, so it can fit through the birth canal. They continue to gain more body fat. Your baby is now about the size of a melon.

By the last weeks of pregnancy, your baby's major organs like the lungs and brain are fully formed. They are ready to function. So, too, are their muscles, bones, and nerves. Your baby may now shift positions, so their head is facing down.

Soon, you will enter labor and give birth to your baby. Get ready to meet them face to face!