



# MIDWIVES OF NEW JERSEY

*Serving Women, Honoring Birth.*

3<sup>RD</sup> TRIMESTER | A miracle about to happen.

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908.509.1801 | Office locations in Hackettstown & Madison



# As you enter into the last phase of your pregnancy, PLEASE REMEMBER:

1. MAINTAIN A DIET RICH IN PROTEIN AND VEGETABLES, LOW IN CARBS
2. LIMIT WEIGHT GAIN TO ½ LB. PER WEEK
3. REGISTER FOR CLASSES
4. SCHEDULE A TOUR OF THE HOSPITAL (ON THE HOSPITAL'S WEBSITE)

## Fetal Movement Counts

Your baby will move in a fairly predictable pattern in the 3<sup>rd</sup> trimester. At about 30 weeks of pregnancy, begin taking notice of your baby's normal movements each day.

- What times of day is my baby most active? Least active?
- What makes my baby move more? Eating? Drinking cold liquids? Talking to him? Pushing my belly?
- Does my baby move in small gentle movements or big strong movements?
- Does my baby seem to move all the time or not often at all?
- At the end of pregnancy, your midwife depends upon your observations of fetal movement to assess the well-being of your baby.
- Call your midwives if fetal movement is much less than usual and you cannot make the baby move in the usual ways.

## Classes of the 3<sup>rd</sup> Trimester

### BabyCare

This 2 hour class prepares new and soon-to-be parents on how to care for a newborn. Topics include bathing, dressing, diapering, feeding & burping, jaundice, colic, reflux, umbilical cord care and first aid.

### Breastfeeding

Our 2.5 hour breastfeeding class helps women facilitate a healthy start to nursing. This class is recommended for all expectant mothers who are interested in nursing their babies. Fathers are welcome and encouraged to come to the class.

### Childbirth Education

A five-week class that helps couples prepare mentally and physically for birth, approaching birth as a healthy and exciting challenge. The class is recommended for all expectant parents, especially first time parents and those whose previous classes did not prepare them for natural childbirth.

### Homebirth

All homebirth clients are required to attend. Reviews the particulars of preparing for a birth at home. Questions are answered like:

"How do it set up the tub?"

"How do I get a birth certificate?"

"What do the Midwives need for snacks?"

"What if the baby arrives before the Midwives?"

Attending the Homebirth class helps to provide uniformity to our homebirths, thereby promoting greater safety. When we do everything the same way every time, we are able to move quickly if an emergency should arrive. Schedule your class in the middle to later 3<sup>rd</sup> trimester.

### Welcoming Birth

These 2 classes are for all clients in the last weeks of pregnancy. The Midwives lead the class discussions about early and active labor. Welcoming Birth classes are 2 hours long and include a brief prenatal visit. They allow clients and midwives to spend some extra time getting to know one another before the birth. There is no cost for Welcoming Birth Classes, they are only for our pregnant clients so please arrange for childcare. Register when you make your weekly prenatal visits.





## Diet, Weight Gain and Exercise in the 3<sup>rd</sup> Trimester

There are many reasons why women gain weight in pregnancy. But the most important reason is that by eating well, your body can expand perfectly to support you and your baby. Growth of the baby (approximately 4-6 pounds in the 3<sup>rd</sup> trimester) and maternal tissues, storage of important fluids and preparation for the caloric needs of the 3<sup>rd</sup> trimester and postpartum are the reasons for weight gain in this final trimester.

Your diet in the 3<sup>rd</sup> trimester continues to be very important; even though your baby appears completely developed, your baby and placenta are still growing and maturing. Excellent nutrition in the 3<sup>rd</sup> trimester will keep the placenta growing and healthy. For your labor, your own tissues continue to need nutrients to help the uterine muscle function at its best and vaginal tissue to stretch and “spring back” instead of tearing. This is a time to stay focused on a healthy diet and to avoid excessive carbohydrate ingestion. Doing this will

likely keep weight gain at less than one pound a week. You may even find yourself beginning to lose some weight as your baby begins to metabolize more and more calories each day. This is totally fine as long as your overall weight gain and dietary intake are adequate.

### Protein

Your baby’s brain will double in weight by becoming more dense in the last weeks of pregnancy. Plenty of protein will facilitate optimal brain cell division. Add another 10g of protein a day in the 3<sup>rd</sup> trimester.

### Calcium

Your baby’s bones are “ossifying”, becoming harder due to calcium deposits. Continue to keep **Calcium\*** and **Magnesium\*** intake at about 1500mg of each per day.

### Choline

To prevent maternal blood pressure disease and improve infant/child cognition, continue to consume 2 eggs per day for the remainder of pregnancy.

### Iron

Your blood volume continues to expand in the 3<sup>rd</sup> trimester and the baby’s too! The baby will begin to store Iron in its liver for production of red cells after birth since breastmilk is low in Iron, especially after the first 6 months of life. **Floradix Herbal Iron\*** is a great way to add additional Iron if you are not getting enough Iron from red meat, dark green vegetables and eggs.

\*Click to find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.



## Omega 3's

Continue **prenatal vitamins\*** and DHA through the 3<sup>rd</sup> trimester. This is important for proper brain and eye development in your baby. Walnuts are a good dietary source of omega-3's.

## Vitamin D

Continue to take a quality **Vitamin D supplement\***, about 4000IU/day, which will help your baby to store some extra D before the birth. We tend to protect our babies' skin from the sun and breastmilk is not a good source of Vitamin D so pre-birth storage is ideal.

## Vitamin K2

Used to make clotting factors in our blood. There is the potential that your ingestion of extra **K\*** would supply your baby with some extra stores too.

## Exercise

Exercise in the 3<sup>rd</sup> trimester may need to be tailored to your growing body's changes. You are more fatigued and may feel physically off-balance. Slowing to a walk from running, less bouncing, less lying on your back and maybe just a general slowing of exercise may be necessary. Yoga continues to be a good choice to help keep your muscles toned and to help you to practice mental relaxation during physical discomfort while you are preparing for labor. Listen to your body, if the workout you are doing makes you feel poorly during or after, it is probably too much. Scale back until you feel comfortable again with the rigor of your exercise.

Remember to stay focused on exercise, weight gain and diet in the last weeks of pregnancy. You and your baby will reap great benefits!

in on this baby and this birth. Your midwives recommend that you try some of the things listed as you prepare for the Big Day!

1. Write birth affirmations on cards or a poster board and read them daily. Things like "My body opens," "My mind quiets," and "My baby descends."
2. Register for childbirth classes or a refresher class. If you have never had a natural childbirth or are hoping for a Vaginal Birth After Cesarean (VBAC), your Midwives recommend that you try to attend the full series of classes. The refresher class is offered quarterly on Sunday afternoons so register soon.
3. Practice relaxation techniques like deep breathing while sitting in your tub. Listen to Hypnobirthing tapes or try prenatal yoga.
4. Surround yourself with women who are encouraging and positive about birth. We offer several programs through our sister company, Women's Wellness of New Jersey, that are designed to bring like-minded women together for encouragement. Attend our Monthly Mother's Group or our one of our Playgroups without cost.
5. Read good information about normal birth and watch normal births on YouTube.
6. Attend Welcoming Birth classes with the midwives. We offer these two classes in order to spend more time with our clients getting to know you better and in order to do some last minute preparation for your birth.

You really can't be over-prepared for your birth no matter how many times you have done it. We want this birth to be all that you have dreamed it will be.

# Birth Preparations

As you look ahead to your baby's birth day, consider how to best prepare. Your midwives do not recommend "winging" it, no matter if this is your first or your fourth birth. Labor is a very big deal every time and it often requires something different from us with each birth. Sometimes the labor is longer or shorter than is usual for you, sometimes the discomfort is much bigger than you expected or maybe you want to deliver this baby into your own hands. With every birth, we need to be prepared for the very hard work by focusing

## If you are planning a hospital birth, remember to:

1. Sign up for our Childbirth Education, Baby Care, & Breastfeeding Classes if you have not yet done so.
2. Schedule a tour of the hospital. You can do so by visiting [the Morristown Memorial website](#) or by calling 908.522.2333.
3. Write your birth plan and review with a midwife at your prenatal visit.
4. Pack your hospital bag.

## If you are planning a homebirth, remember to:

1. Sign up for our Childbirth Education, BabyCare, Breastfeeding & Homebirth Classes if you have not yet done so
2. Schedule your homebirth visit
3. Write your birth plan and review with a midwife at your prenatal visit
4. Shop for [homebirth supplies](#)\* on list provided in the Homebirth Class

## Packing List for Labor and Birth at Hospital

- Old nightgown, comfortable shirt, or lightweight robe to wear in labor. Hospital gowns are available on the maternity unit.
- If considering waterbirth, bring a small fishnet to remove debris in the tub.
- Sports bra or swimsuit top for the Jacuzzi if you are more comfortable being covered.
- Slippers and socks
- Toiletries such as toothbrush/paste, shampoo, comb, and hair ties.

- Camera, video camera
- Music, remember to bring your own speaker.
- Lip moisturizer
- Light foods for mother in labor: honeyed, sugared teas, Gatorade or other sports drinks, juices, soups, broths, crackers, jello, sodas, lollipops, yogurt, and bottled water.
- Snacks for support people.
- Clothes for baby to wear for picture and on trip home. Choose weather-appropriate clothing.
- Supportive bra. Nursing bras need to be about one cup size larger than pregnancy cup size, no underwire.
- Car seat for baby's trip home.
- [Essential oils diffuser](#)\* for aromatherapy, if desired.
- Plan for live-in help for at least 3-5 days after arriving home from hospital.

**NEW MOTHERS SHOULD DO *NOTHING* BUT REST AND CARE FOR THE BABY AND SHOULD NOT BE LEFT ALONE AT HOME UNTIL BABY IS 5-7 DAYS OLD!!**

## Signs of Preterm Labor

Labor beginning before 36 weeks is considered premature labor. Symptoms of early labor include:

- Contractions or tightening of the uterus that happen in a regular, timetable or very frequent pattern
- Cramping that persists for an hour or more or becomes stronger
- Spotting or bleeding especially if accompanied by contractions or cramping
- Leaking or gushing of fluid from the vagina
- Backache or vaginal pressure that comes and goes in a predictable pattern

Please call your midwives if you are having any of these symptoms and they are unresolved with rest and drinking more water.

\*Click to find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

# Planning for Your Postpartum Care

It is a good idea to start planning now to ensure that the first weeks with your new baby are less stressful.

1. Consider the best way to provide a nutritious meal for yourself and family at the end of each day and set that plan into motion. Some women will cook a double batch of meals and freeze half at the end of their pregnancy, others will have meals come to them via their Mom's group or church family, or prepared food will be purchased from somewhere like Whole Foods.
2. Investigate ways to have extra help at home. Housecleaning services, postpartum doulas or babysitters are all tremendously helpful in carving out a few extra minutes of sleep.  
  
Resources: Care For Moms provides in-home postpartum care services including housework, errands, cooking, toddler care and more – [careformoms.com](http://careformoms.com), 908.509.1417; DONA International offers a listing of birth and postpartum doulas – [dona.org](http://dona.org).
3. Consider placenta encapsulation. We have had many clients report that placenta capsules have been helpful for reducing depression/anxiety and increasing milk supply.
4. If you are planning to breastfeed, a strong support network can make an incredible difference during a challenging time. Be sure to attend our Breastfeeding Class and ask your partner to join you. Come to our Lactation Circle, which is free of cost and meets weekly at our office.
5. Take as much time off from work as possible and then discuss some options to further extend your time home with your baby like working from home a few days a week or returning to work part-time for a month or two. Many women find being home with their babies for 3-4 months tremendously decreases stress.
6. Have some new toys or movies tucked away to give out to your other children every few days to keep them busy and happy while you sit and breastfeed.
7. If you have made friends with the women in your childbirth classes, make a plan before you all start delivering your babies of a date to meet. Making time to visit with friends who have babies/

children the same age as your own is a great way to cope with the stress of the postpartum period.

Resources: MotherCare Class, Playgroup, Monthly Wellness Workshop, WWNJ Mom's Night Out (join our FB group). To learn more visit [womenswellnessnj.com](http://womenswellnessnj.com) or call (908) 509-1559

8. Simplify this year. Make a plan to have a quiet Christmas at home or buy a pre-made Thanksgiving dinner. Avoid people in your life who are not "easy" to have around. Consider taking your older child/children out of their activities for a month or two until the baby has a more predictable sleep pattern.

It is important to recognize that a new baby in the house is at best time-consuming and at its worst world-rocking. You will do better after your birth if you begin to plan ahead of time.

## Following the Birth of Your Baby

We will visit you at the hospital, at your home or in our office 2-3 times following the birth of your baby. And we will schedule an appointment with you to see you at 6 weeks postpartum.

Look for an invitation from us to our **MotherCare** class after your baby is born, please RSVP for the month you wish to attend.

This 4-week series of classes is for women in the first 6 months after the birth of their baby. The classes provide women with social support and tools to help them gain confidence as a woman and as a mother during this transitional time with a new baby. Part of the class is a facilitated class discussion and another part of the class is a "gift" for mom. A new class series starts the first of every month except December.





## Vaccines Postpartum

There are several vaccines that may be offered to you at Morristown Medical Center immediately postpartum. These include the flu vaccine, DPT, pneumococcal pneumonia and German measles (Rubella).

Overall, your Midwives believe that the immediate postpartum period is not the ideal time to be immunized. We believe that the mother is in a weakened state as she recovers from childbirth and that a vaccine reaction (fever, chills, rash) could be difficult to distinguish from a postpartum infection. Certainly, if a mother would like to boost her immunity to Pertussis, a vaccine is a good idea but we suggest that you wait until 2-6 weeks postpartum. The flu and pneumonia vaccines can also wait a few weeks. If a mother is non-immune to German measles (Rubella), the vaccine is usually given immediately postpartum because it is very important that the mother not conceive in the 3 months following administration of the vaccine.

You may consent or decline these vaccines after your birth as you feel comfortable. We do not provide vaccines to any client so please consult your primary care provider for the administration of these vaccines after your homebirth or discharge from the hospital.

# Fetal Development During the Third Trimester

During the third trimester, the fetus continues to grow in size and weight. The lungs are still maturing and the fetus begins to position itself head-down. By the end of the third trimester, the fetus is about 19 to 21 inches long and weighs, on average, six to nine pounds.



## Week 28

- Eyes open
- Eyelids have formed
- Weight gain continue, smoothing out wrinkles on skin
- Babies born this week have a 90% chance of survival

## Week 29-30

- Bones are fully developed
- Eyes are wide open
- Baby may have a good head of hair
- Red blood cells are now forming in bone marrow

## Week 31-33

- Sexual development continues
- Central nervous system has matured to where it can control body temperature
- Baby practices breathing
- Body begins absorbing vital minerals
- Baby can detect light—pupils can constrict, dilate

## Week 34-36

- Fingernails grow
- Limbs are becoming chubby as weight is gaining rapidly

## 37-42 weeks

- Baby finishes maturing and initiates labor

# Your Third Trimester Visits

Date of Visit	Midwife	Weight	Heartbeat	Fundal Height	Questions/ Recommendations

Should you have any questions before the birth of your child or after, you can always contact us: [www.midwivesofnj.com](http://www.midwivesofnj.com) or 908.509.1801





## Be sure to check out our Essential Market!

Our online store is a place where clients can go to find the products recommended by the Midwives of New Jersey and Women's Wellness of New Jersey for the healthiest pregnancy, birth and beyond. Products will include prenatal supplement kits, essential oil kits, postpartum kits and more. When you support our store, you are supporting all the many wonderful programs we offer to our clients. We're just getting started!! So take a minute to check it out! **[www.theessentialmarket.com](http://www.theessentialmarket.com)**

# Wish You Could Continue to See Us After Your Baby is Born?

Here are Some Ways to Stay Involved with Us:

- Join our Monthly Wellness Workshop. We meet on the 3rd Saturday of every month @ 10am in the Women's Wellness Classroom. No fee or registration!
- Check out one of our FREE Playgroups comprised of moms with children of different ages, ranging from infants through Kindergarten. No registration required to attend.
- Attend our weekly Lactation Circle as needed, led by our Board Certified Lactation Consultants Lisa Lederer and Britt Sando. A great way to meet other breastfeeding moms, gain support and ask any questions you may have about breastfeeding.

Visit [womenswellnessnj.com](http://womenswellnessnj.com) for more information and class times!



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[Click here](#) to check out our reality series  
"Our Lives, Our Births" featured on  
our website and our You Tube channel.

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