

# The Third Trimester: The Home Stretch



CONTRA COSTA  
HEALTH

Congratulations—you're in your third trimester! Weeks 29 through 40 are the last of your pregnancy. These final weeks are an exciting time as you get ready to welcome your baby into the world.

## Preparing for childbirth

Now you're in the final stage: Weeks 29 through 40. By now, the baby's bones are fully formed and their eyes open and close. Although the lungs aren't completely developed yet, your baby is making some breathing movements.

- You may notice your baby moving less. That's because they are quickly running out of room. Late in the third trimester, the baby may change to a head-down position and drop lower in your abdomen. The baby is considered full-term (meaning they are ready to be born) at 38 weeks.
- Your body is preparing for labor and childbirth now. You might feel more aches and pains, especially in your back, hips and pelvis. You also may have trouble sleeping. Try to sleep on your left side, which is better for circulation, and place a pillow between your knees or behind your back.
- Baby's growth puts pressure on your organs. You may feel short of breath or need to go to the bathroom more often than usual. Your breasts may feel tender, and your nipples may leak a watery, pre-milk liquid called colostrum.

Emotionally, the third trimester can be both happy and stressful. Your nesting instinct may take hold. As you're getting your home ready for baby's arrival, remember to take it easy. Make it a priority to get a good night's sleep and take naps during the day if you feel tired.

## Your Pregnancy Journey

In the first trimester (weeks 1 through 12) you went through major hormonal changes and may have felt very uncomfortable as a result. Every pregnancy is different, but typical first-trimester symptoms include extreme fatigue, nausea, vomiting, cravings, mood swings, heartburn and headaches.

Weeks 13 through 28 make up the second trimester. Your first-trimester symptoms likely decreased or even disappeared. But you may have felt pain and discomfort in your abdomen, lower back and groin as the baby grew. You also may have experienced swelling in your face, fingers and ankles.

## The Final Few Weeks

As you get closer to your due date, your cervix will stretch and become thinner to prepare for labor and delivery. You and your doctor will discuss signs of labor and what to do when you think labor has begun.



# Pregnancy Resources (RMC)

We want your feedback.  
Take our quick survey!



## Get Connected

You can access the following services to help you during your pregnancy journey. If you have questions about pregnancy or your services, call **Member Services** at **877-661-6230** to learn more or get connected to a provider.

### Doula Services

A Doula is a birth worker who helps you during pregnancy, birth, and after your baby is born to make your journey easier. They help parents and babies stay healthy.

#### How can they help?

##### Doulas can help you:

- Write a birth plan.
- Learn about pregnancy and postpartum.
- Navigate your care options.
- Connect with community resources.
- With physical and emotional support during labor, birth, and after.
- With breastfeeding.

##### How to get a doula:

- Scan the QR code to learn more or find a doula that works with CCHP.
- Call Member Services at **877-661-6230**.



### Health Education

Get access to health tips, self-management tools, and more information on mental health by visiting [healthed.cchealth.org](http://healthed.cchealth.org) or scanning the QR code.



### Healthy Start

Healthy Start helps pregnant individuals get the care they need for a healthy baby. Healthy Start is with you through every step of the journey. You can get pregnancy tests, screenings, prenatal vitamins, education, and more.

##### Call to get started:

- Pittsburg Healthy Start: **925-431-2345**
- Martinez Healthy Start: **925-370-5495**
- West County Healthy Start: **510-231-9469**

### Baby Steps - Case Management

CCHP's Case management makes sure getting your care is as easy as possible. Case managers can help you make appointments, find services, connect you to programs, and more. They will help you get the care you need. CCHP offers in-person and telephone case management services.

##### How to get Case Management Services:

- Call CCHP Case Management at **925-313-6887**.
- Ask your provider for more information.

### Women, Infants, and Children (WIC)

WIC helps those who are pregnant, have recently given birth, or have experienced pregnancy loss. They also help infants and children up to 5 years of age. **WIC gives nutrition tips, breastfeeding support, and access to healthy foods.**

They can also refer you to health and community services.

For more information or to apply, scan the QR code.

