

Growing Together

30 weeks

Your Baby

During the 3rd trimester, how much a baby grows depends on their heredity, sex, health, and nutrition. A 30-week baby could weigh as much as 1 to 1½ pounds more or less than another baby of the same age. Both are considered normal weights.



Your baby now weighs about 2½ to 3 pounds and is about 15 inches long from head to rump.

- Even though there is less room to move around, your baby can still move and flex his limbs. Soon, as he gets bigger, he will need to get into the “fetal position.”
- He may seem more active at some times of the day than others. Every day, pay attention to your baby’s movement. You should feel 10 movements in a 2-hour period. These movements may be kicks, squirms, pokes, or wiggles.
- His kidneys are working well now. They are producing about half a liter of urine (about 17 fluid ounces) a day. This urine passes into the amniotic fluid.
- Your baby’s body is growing more than his head. But inside his skull, his brain is forming rapidly. Parts of his brain are becoming more distinct, and each part has a different function. As time goes on, connections within his brain will become more complex.
- Your baby needs the most nutrients during the 3rd trimester. You will need plenty of protein, vitamin C, folic acid, iron, and calcium (about 200 mg of calcium goes into your baby’s skeleton

every day). When you eat foods that are rich in these nutrients, you are helping your baby grow and be healthy.

Changes in You

- Many women begin to have contractions around now. These help the uterus “tone up” for labor. They are usually painless, and they come and go. Some contractions are normal. But if you have 6 or more in 1 hour, call your healthcare provider.
- You may be having some constipation, a hard time sleeping, hemorrhoids, leg cramps, varicose veins, or other discomforts. These are normal in pregnancy, but they can be irritating. Talk with your healthcare provider about them.
- You may notice some swelling in your feet, ankles, and hands by the end of the day. Rest with your feet up to help with this.
- You may want to take a tour of the Labor & Delivery unit where you will deliver to learn about what to expect in the hospital. Free tours are available at each of our UW Medicine hospitals. To choose a hospital and register for a tour, visit www.uwmedicine.org/services/obstetrics/tour.

Questions?

Your questions are important. If you have questions about your baby’s growth and your changing body, talk with your healthcare provider at your next clinic visit.