

The last few weeks of pregnancy

by Ronel van der Watt

During the last few weeks of your pregnancy, you may become increasingly uncomfortable. It might be difficult to move and you could feel out of breath when walking. You might find that your hands and feet are swollen. This is normal, as long as you don't have severe headaches and vision disturbances. Rest as much as possible with your feet lifted on a pillow.

Getting a good night's sleep becomes almost impossible! Try placing a pillow under your tummy and one between your legs when lying on your side. Do not go to bed after a big meal. Anxiety about the birth can also play a role if you have difficulty falling asleep. Many women experience mood swings during these last few weeks. This is because of the discomfort, anxiety and the change in your body shape. Focus on the wonder of having the baby and take extra care of yourself.

Preparations for the big day

Make sure that you have the following basic items you will need to care for a baby in the first few weeks: Vests, clothes, nappies (cloth or disposable), blankets, baby soap, baby shampoo, baby body lotion or aqua cream (which is water-based), surgical spirits to clean the umbilical cord, cotton wool, towel and a face cloth. These items should also be packed for the baby to take along when you go to the hospital or clinic for the delivery.

For yourself you should pack an extra set of clothes; pyjamas if you are going to stay over; comfortable shoes or slippers; toiletries (soap, shampoo, face cloth, deodorant, toothpaste and toothbrush); and sanitary towels (maternity). Have your bags packed at least four weeks before the expected date of delivery, as the baby can come a bit earlier.

Signs that you are in labour

- Labour pains that start in the lower back and spread through the abdomen. The time in between pains becomes shorter and the pain will last longer and become stronger
- Lower back pain
- A brownish or blood-tinged mucus discharge from the vagina (called a "show")
- Waters break
- Diarrhoea is common at the onset of labour.

When should you go to the hospital or clinic?

- When your waters break
- When you feel bowel pressure (you want to push)
- When your contractions are five minutes apart. If you have to travel to the clinic or hospital for more than 30 minutes, leave home when your contractions are 10 minutes apart
- When you are bleeding
- If the baby isn't moving
- If you have unbearable pain. [UM](#)

Get ready for your baby

Rest and take good care of yourself. Wash the baby's clothes and nappies and pack in a cupboard. A month before the birth date you should pack a suitcase for yourself and your baby to take along to the hospital or clinic for the delivery.

The baby is on its way!

- Labour pains will start in the lower back and spread through the abdomen
- The contractions will become stronger and the time in between shorter
- Your waters may break.



Get to the hospital or clinic as soon as possible!

Maak gereed vir jou baba

Rus en pas jouself goed op. Was die baba se klere en doeke, en pak dit in 'n kas. Pak 'n maand voor die geboortedatum al 'n tas vir jouself en jou baba. Die tas moet saam met jou na die hospitaal of kliniek toe gaan vir die bevalling (geboorte).

Die baba is oppad!

- Geboortepyne begin in die lae rug en versprei deur die buik
- Die sametrekings raak sterker en die tyd tussenin, raak korter
- Jou water mag moontlik breek.

Sorg dat jy so gou moontlik by die hospitaal of kliniek uitkom!

Eba malala-a-laotswe bakeng sa lesea la hao

Phomola mme o ithokomele. Hlatswa diaparo le maleiri a lesea mme o di behe ka makgethe ka khabotheng ya diaparo. Nakong e ka etsang kgwedi pele lesea le belehwa o tlameha ho pakela diaparo lebokosong la diaparo bakeng sa hao le lesea mme o lebe sepetelele kapa tleiniking bakeng sa ho ya beleha.



Lesea le se le le haufi le ho behelwa!

- Mahlaba a pelehi a tla qala ka mokokotlong ho ya thekeng mme a namele mmeleng ohle
- Kgonyelo e tla ba matla mme nako le yona e kgutsufale
- O ka nna wa iphumana o eya dinakong tsa sesadi.

Leba sepetlele ka potlako ka moo ho ka kgonehang!

**Ukuzilungiselela umntanakho**

Phumula uzinakekele. Washa izimpahla zengane namanabukeni bese uwapakisha ekhabetheni. Inyanga ngaphambi kokuzalwa komntwana kufanele upakishe isudikhesi lakho nelomntwana ozoya nalo esibhedlela noma emtholampilo usuyobeletha.

Umntwana usendleleni!

- Umhelo uzoqala eqolo bese usabalala nesisu sonke
- Umhelo uzoba namandla nesikhathi phakathi kwezikhawu zawo sibe sifushane
- Kungenzeka amanzi akho aqhume.

Yana esibhedlela noma emtholampilo ngokushesha!

**Lindela usana lwakho**

Phumla uzikhathalele kakuhle. Hlamba iimpahla kunye nezishuba (iinapkeni) zosana uze uzipakishe ekhabathini. Kwinyanga engaphambi komhla wokuzalwa kosana kufuneka uzipakishele ityesi yakho nosana lwakho oza kuyiphatha esibhedlele okanye eklinikhi xa usiya kubeleka.

Uyeza umntwana!

- Nimba yokulunywa iya kuqala emazantsi omqolo ize isasazekele kumazantsi esisu
- Uya kulunywa ngamandla yaye izithuba eziphakathi koko kulunywa ziya kuncipha
- Angagqabhuka amanzi akho.

Yiya esibhedlele okanye eklinikhi ngoko nangoko! **UM**