

[Home](#) > My eighth month of pregnancy

Share this Article

X



My eighth month of pregnancy

During this eighth month of pregnancy, your baby will turn completely to take up its birth position

<https://www.nestlemomandme.pk/article/my-eighth-month-pregnancy> ^[1]

_ [2] _ [3] _ [4]



My eighth month of pregnancy

During this eighth month of pregnancy, your baby will turn completely to take up its birth position

Wednesday, August 9th, 2017

- ^[5]
- [Print](#) ^[1]
- [Share](#)

Where is my baby?

Your baby is continuing to grow: during his last two months he will **double his weight** and grow by about ten centimetres!

During this eighth month of pregnancy, your baby will turn completely to take up his birth position, i.e. in 95% of all cases with the head downwards, well flexed, and his back towards the left side. This may be verified during your last ultrasound examination: this is what is known as the presentation. While waiting, your baby is **finetuning his body** : his bones consolidate, his hair is growing, his skin is turning pink, his nails are forming ... his elimination functions are well established: his kidneys eliminate about 30 ml of urine per hour. His **intestine** is gradually filling with meconium, a dark, thick substance: this will be your baby's first stool after his birth. At the end of the eighth month, your baby may already start to move down into your pelvis. You may be feeling a slight tugging or diffuse pain in your lower abdomen. Don't worry, this is normal: **your pelvic joints are starting to loosen slightly to allow the baby to pass through.**

My good dietary habits

At this stage, your baby will be gaining an average of 200 g per week. It is more important than ever before to provide your baby with the nutrients he needs for good development! You will also need energy to get through this last home run. Your body needs to build up reserves for the birth and the period of breastfeeding. This is therefore not a good time to go on a diet! Be careful with snacking during these last two months! You will now be starting your maternity leave and it may be tempting to let your attention slip. On the contrary - you should make use of this time to watch your nutrition even more closely. Benefit from your free time to take walks, to buy fresh fruit and vegetables and to cook them. This will provide you with the vitamin C you need to protect your cells and arteries and for the good absorption of iron, which you will need to rebuild your red blood corpuscle stock.

A question of months: which foods should I eat to prepare for breastfeeding?

If you have decided to breastfeed your baby, now is the time to have protein, calcium and vitamin D, all essential nutrients that will provide your baby with **high-quality milk (a supplement of vitamin D is generally recommended at this stage - check with your doctor)** . Maintain a balanced and varied diet rich in fruit and vegetables, dairy products, lentils and cereals, all accompanied by animal protein (meat, fish, eggs) and fats, especially essential fatty acids. You should also continue to drink a lot of water: between 1.5 and 2 litres per day. Limit your consumption of sugary beverages and carbonated drinks, but also of coffee and tea (no more than 2 cups per day). Your baby is taking up a lot of space - it is therefore less at ease in your womb during the 9th and last month of pregnancy. Your diaphragm and your lungs are compressed, resulting in a feeling of being **out of breath**. Patience - everything will fall into place in good time!

[Read more](#) ^[6]

Source URL: <https://www.nestlemomandme.pk/article/my-eighth-month-pregnancy>

Links

[1] <https://www.nestlemomandme.pk/article/my-eighth-month-pregnancy>

[2] https://pinterest.com/pin/create/button/?url=https://www.nestlemomandme.pk/article/my-eighth-month-pregnancy&media=https://www.nestlemomandme.pk/sites/default/files/styles/thumbnail/public/field/image/180640980_7.jpg
eighth month of pregnancy

[3] <https://twitter.com/share?text=My%20eighth%20month%20of%20pregnancy&url=https%3A//www.nestlemomandme.pk/article/my-eighth-month-pregnancy>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.nestlemomandme.pk/article/my-eighth-month-pregnancy>

[5] <https://www.nestlemomandme.pk/printpdf/9366>

[6] <https://www.nestlemomandme.pk/javascript%3A%3B>