

Month 7



Your baby is about 15.7 inches long now and weighs almost 3 pounds (about the size of a large cabbage). A pint and a half of amniotic fluid surrounds her, but that volume will shrink as she gets



bigger and takes up more room in your uterus. Her eyesight continues to develop, though it's not very keen; even after she's born, she'll keep her eyes closed for a good part of the day. When she does open them, she'll respond to changes in light but will have 20/400 vision – which means she can only make out objects a few inches from her face. (Normal adult vision is 20/20.) If your little one is born now, they will need some help breathing and will stay in the hospital for awhile, but the chances of survival at this point are very good.

How your life's changing

You may be feeling a little tired these days, especially if you're having trouble sleeping. You might also feel clumsier than normal, which is perfectly understandable. Not only are you heavier, but the concentration of weight in your pregnant belly causes a shift in your center of gravity. Plus, thanks to hormonal changes, your ligaments are more lax, so your joints are looser, which may also contribute to your balance being a bit off.

Also, this relaxation of your ligaments can cause your feet to spread permanently, so you may have to invest in some new shoes in a bigger size. Remember those mood swings you had earlier in pregnancy? The combination of uncomfortable symptoms and hormonal changes can result in a return of those emotional ups and downs. It's normal to worry about what your labor will be like or whether you'll be a good parent. But if you can't shake the blues or feel increasingly irritable or agitated, talk to your doctor or midwife. You may be among the 1 in 10 expectant women who battle depression during pregnancy. Also let your healthcare provider know if you're frequently nervous or anxious.