

31 – 32 Weeks

answers to your pregnancy questions

Fetal movement

You should continue to feel your baby move several times every day. Each baby has its own level of activity, and most have a sleep cycle of 20-40 minutes. Your baby will often be most active after you have eaten a meal. You are more likely to notice your baby's movements while resting or sitting quietly than while active and engaged in other activities. The feeling of your baby's movement will often feel differently during the later stages of your pregnancy. This is due to the baby having less room to move in the uterus. It is normal for the movements to feel different but the rate of movement should actually be the same.

Kick counts

Kick counts are a test you are able to do at home to monitor your baby's movement and well-being. Your doctor may recommend that you begin doing these and will instruct you on how often to do them. Often the best time to do kick counts is late afternoon or early evening. Your baby is often most active following a meal or snack.

To perform kick counts, lie in a quiet place on your left side. With your hands on your abdomen, fully concentrate on your baby's movements. Keep track of how many times you feel your baby move in one hour. Be sure not to count things such as feeling your baby hiccup. If you have not felt 10 movements in one hour, drink 8 ounces of orange juice, lie down and monitor again for one hour.

If you do not feel 10 movements in the second hour of monitoring, you should call your physician or, if this occurs after office hours, go to the hospital for monitoring. If your doctor instructs you to begin doing kick counts, you may be provided with instructions and a chart that can assist you in keeping track of movements.

31
WEEKS

32
WEEKS

At 31–32 weeks of pregnancy:

Your baby begins to have some ability to control its body temperature, so that it does not have to rely entirely on the temperature of the amniotic fluid as the brain continues to rapidly grow and develop.

Many of the bones begin to harden, although the skull will remain soft and flexible to allow for growth.

The skin loses the “see-through” appearance as more fat accumulates. At 32 weeks gestation, your baby is approximately 18 inches long and weighs around five pounds.



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