

DVD Worksheet Key, Page 2

Pay Attention!

As a rule of thumb, you should not be concerned about contractions unless you are having four to six contractions each hour and they continue for more than two hours. Anything less than this are probably Braxton-Hicks contractions.

Just to be safe, let your doctor know if you have any cramps that are painful, persistent, and repetitive.



Your pregnancy is almost done, and your baby will be here soon! Congratulations!



Third Trimester Symptoms

9. By their third trimester, many women experience **backaches**.
10. What are some things you can do to relieve backache?

Answers may vary but should include: use proper body mechanics; keep your back straight and your head up; bend from your knees, not your waist; when sitting place a pillow behind your back for support; avoid lifting heavy objects; avoid standing for long periods of time; sleep on a firm mattress; sleep on your side with a pillow between your legs; gently massage your lower back or apply a hot or cold compress; soak in a warm but not hot tub; or use a maternity girdle for support.

11. Heartburn can be more of a **problem** in the third trimester mainly because your baby is **growing** larger.
12. You should eat smaller, more frequent meals and stay away from **spicy** or **acidic** foods. Give yourself at least **two** hours between eating and lying down.
13. Preterm labor occurs when contractions cause your cervix to **dilate** and thin out before **37** weeks of pregnancy.
14. Your chances of having preterm labor are higher if you **smoke**, use illegal **drugs**, don't **eat** properly or develop certain types of infections, have already had a **preterm** delivery, are carrying more than one baby, or if you have had early rupture of membranes.
15. Early signs of preterm labor include:
 - a. Persistent low, dull **backache** or low back or **pelvic** pressure
 - b. Four or more **uterine** contractions per hour
 - c. Increased uterine **activity**
 - d. Abdominal **cramping**
 - e. Increased **pelvic** pressure

