all the little things
YOUR THIRD TRIMESTER

5 must-do’s before baby debuts

how to make the most of your third trimester

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Oh, What A Site!

Just like you, HuggiesBabyNetwork.com is celebrating an exciting new addition. You can now watch an array of helpful parenting videos at HuggiesBabyNetwork.com. Videos include how to diaper and bathe your baby, games to play with your newborn, and so much more. BEST OF ALL, IT’S FREE!

Visit: HuggiesBabyNetwork.com/abc

Let the games begin! Choose from more than 300 playtime activities guaranteed to make your baby happy. Find activities by age, skills, and more.

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Smile, baby! Capture those first precious moments and milestones with our easy-to-make virtual scrapbook. Share baby pictures online with family or print your own photo keepsakes.
countdown to mommyhood

You’re almost there! After months of waiting and wondering, your daydreams of being a mom and snuggling a sleepy-eyed newborn will soon become reality. But before baby’s big debut, there’s still much to do and enjoy. This is a time to cozy up your home, stock up on infant essentials (just the scent of those sweet-smelling baby lotions will make you smile), and, most important, treat yourself. That’s right, it’s time to indulge a little. Your body has been working extra hard to support your growing baby, and it’s about to pull off one of nature’s greatest feats—giving birth. So enjoy these last few weeks, and spoil yourself a bit. That means doing whatever makes you feel happy: getting a manicure, lounging on a comfy couch while reading a good book, buying a sassy pair of earrings, checking out a movie with friends...there are tons of possibilities.

You’ll be plenty busy soon enough, so relax and embrace this special time in your life. To help you along, we’ve put together some friendly words of wisdom for your final trimester. And while your pregnancy journey may be drawing to a close, a new and exciting chapter is just about to begin. Get ready for the adventure of your life!
next stop: motherhood

You’re in the homestretch now! Your belly is bulging, your home is becoming baby-friendly, and your excitement is off the charts! And while you’re probably pretty busy buying stuff for the baby, don’t forget to treat yourself. A pedicure, a chic new necklace, dinner out—go ahead and splurge a little. You’ve earned it! Here are some other ways to enjoy your final trimester:

1. WRITE AS MANY THANK-YOU NOTES AS YOU CAN. Trust us—pretty soon you’re going to have your hands full, so full that you won’t be able to hold a pen! Get those notes from your shower and pre-baby gifts done now, before round-the-clock feedings and constant diaper changes become the norm. You’ll be so happy you did.

2. FIND A PEDIATRICIAN YOU LIKE. Education, years of experience, recommendations from friends—these are all important things. But ultimately, you’ll want to choose a doctor who makes you feel comfortable, someone whose personality gels with yours. In other words, trust your instincts.

Still searching for the perfect baby name? Check out HuggiesBabyNetwork.com/names for the ultimate Baby Name Finder. You can search more than 17,000 names by nationality, meaning, and even sound. Happy hunting!
Your baby is getting ready for life outside the womb. His senses have fully developed: He can see, taste, smell, and even hear and recognize the unique sound of your voice! His brain and nervous system are still maturing; this will continue long after he’s born. As the big day approaches, your baby is gaining weight rapidly (about half an ounce a day) and measures around 15 to 20 inches from head to toe, about the size of a loaf of bread. Get ready to meet your little one—he’ll be here very soon!

**INDULGE A LITTLE.** Once baby arrives, personal pampering and spontaneous shopping will probably be the last thing on your to-do list. So take advantage of the time you have now and head to the salon for a manicure or a sassy new hairstyle. And while you’re out, hit the stores and buy something just for you—comfy shoes, a trendy hairclip, a new shade of nail polish…whatever makes you feel happy and beautiful!

**HAVING TROUBLE SLEEPING?** You’re not alone: Most moms-to-be find that their belly has simply grown too big to lie down comfortably. For a little relief, try sleeping on your left side with a body pillow wedged between your legs and smaller pillows propped up against your back. Another option is to nap on a comfy recliner. Truth is, when you’re sporting a big belly, sleeping propped up may be your key to more zzz’s.

**GET IN THE KNOW.** If you haven’t already, now’s the time to sign up for childbirth classes. Most hospitals offer classes, or you can take one run by an independent organization. Interview instructors before committing to a class and make sure they’re certified by a major childbirth group, such as Lamaze International. Remember: This person is responsible for teaching you what happens to your body during labor, delivery, and afterwards; you want to feel confident in her knowledge. Besides childbirth classes, there are lots of other educational opportunities for moms-to-be. You may consider taking an infant CPR course or previewing some of the Mommy & Me activities in your area. Bonus: You’ll meet other new and expectant parents in the process.

**INSIDE STORY**

**Weeks 27-40**

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**Your baby at 40 weeks measures 15 to 20 inches.**
Preparation your home for your newest family member is one of the most enjoyable parts of pregnancy. These days there are hundreds of products, color schemes, brands, and gadgets to choose from. Don’t let it overwhelm you...just think of it as the ultimate excuse to shop!

Here are some simple ways to prepare your home:

1. **EXPRESS YOURSELF!**
   When adding the finishing touches to your nursery, let your personal style shine and dare to be different. (A flamingo-shaped lamp? Go for it!)
   A quick tip: Babies love looking at bold patterns and contrasting colors, so feel free to break out the checkerboard designs and zebra stripes. This is your chance to play interior decorator, so live it up!

2. **STOCK UP ON BABY STUFF.** Diapers, wipes, lotions—now is the time to pick up these infant essentials. You’ll be amazed at how quickly your baby goes through these things, so make sure to buy extra. This way you can save yourself countless trips to the store after baby arrives. Besides, you won’t want to spare a precious minute with your little one! Wondering which diapers to get? Try HUGGIES® Newborn Gentle Care Diapers. They feature a unique U-shaped umbilical cord opening that offers the most gentle protection for your baby’s healing belly button. As for wipes, try HUGGIES® Gentle Care Sensitive Baby Wipes. They’re extra gentle and hypoallergenic for delicate newborn skin.
Start singing those lullabies, because baby can hear you in the womb and finds your voice soothing. The first noises he hears (at around 18 weeks) are your heartbeat and the sound of the blood whooshing through your body. But by the start of the third trimester, he detects (and soon recognizes) your unique voice. So go ahead and talk to your belly or belt out a tune (your baby won’t mind if you’re off-key). He’ll enjoy the company, and it will bring you closer together. Now that’s something to talk about!

Wash Baby Clothes and Bedding.

It’s a good idea to launder all of your baby’s things before she wears them so they’ll feel snuggly-soft against her skin. You can mix baby’s laundry in with yours, but be sure to use a mild detergent that’s dye- and scent-free.

Start Putting Together Baby Furniture.

Let’s be honest: Sometimes it feels like setting up a baby crib or swing requires an advanced engineering degree. OK, that may be stretching it a bit, but putting together baby furniture takes a little time and patience. Make an afternoon of it (the more helping hands, the better), and reward yourselves afterward by ordering in or going out to dinner. You’ve certainly worked up an appetite!

Spend on a Maid Service.

Wanting to bring your newborn home to a spotless house is only natural, but in your last trimester you may not have the time or energy to get down and dirty with the scrub brush. Consider treating yourself to one or two maid service cleanings. It offers instant gratification and lets you focus on more important things, like whether or not your baby will be born with Daddy’s dimples.

Reconnect With Your Spouse.

When you’re pregnant, it’s easy to get caught up in all things baby. But pretty soon your life (and your husband’s) will change forever, and you’ll find yourself with a lot less free time. Embrace these final weeks and do things together as a couple—cuddling on the couch and watching a movie, enjoying a night out on the town, or just staying in for a relaxing candlelit dinner. Cherish each other’s company and enjoy the moment.
## Hospital Bag Checklist

You’ll probably spend a lot of time waiting before and after you give birth—the busy part starts when you get home! So make sure you head to the hospital with plenty of personal items that will keep you happy and relaxed. Here’s a list of some essentials to pack.

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tr>
<td><strong>A comfy sweat suit or warm pajamas.</strong></td>
<td>Forget the drafty hospital-issued gowns; wearing your own clothes will help you feel comfortable and relaxed.</td>
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<tr>
<td><strong>Important paperwork.</strong></td>
<td>This includes your birth plan, insurance card, and any other information the hospital staff will find helpful.</td>
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<td><strong>Something to read.</strong></td>
<td>Time passes quickly when you have some favorite magazines and a good book on hand.</td>
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<td><strong>A prepaid phone card.</strong></td>
<td>Many hospitals charge extra for phone service and some don’t allow cell phones in the labor and delivery areas. A prepaid phone card and your address book will help keep you connected with loved ones so you can share the good news!</td>
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<tr>
<td><strong>A hair band or barrettes.</strong></td>
<td>They’ll keep the hair out of your face during delivery.</td>
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<tr>
<td><strong>Toiletries.</strong></td>
<td>Pack a toothbrush, toothpaste, deodorant, lip balm (hospital air can be really dry), a hairbrush, and moisturizer.</td>
</tr>
<tr>
<td><strong>Drinks and snacks.</strong></td>
<td>The rumors about hospital food are true. Bring your own stash of healthy favorites (raisins and granola bars are good choices) and you won’t have to subsist on ginger ale and saltines.</td>
</tr>
<tr>
<td><strong>Shampoo and shower gel.</strong></td>
<td>The shower you take after delivery is the most refreshing you’ll ever have. Make it even better with some great-smelling shampoo and soap.</td>
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<tr>
<td><strong>Your own pillow.</strong></td>
<td>After all the stress and excitement, you’ll want a comfy place to rest your head.</td>
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<tr>
<td><strong>A going-home outfit for baby.</strong></td>
<td>This might include footed pajamas, a pair of socks or booties, a receiving blanket, and a cap.</td>
</tr>
<tr>
<td><strong>A going-home outfit for you.</strong></td>
<td>Select something roomy and comfortable. And go with flat shoes; right now you need comfort over style.</td>
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Feeling a little overwhelmed right now, like you don’t have time to get everything done before baby arrives? Instead of stressing over minor details, focus on these five important tasks. You’ll feel a lot better after you’ve checked these biggies off your to-do list.

1. **Install the car seat.** Most hospitals won’t let you take baby home without it. Installing one can be a tricky task the first time around, so you may want to have it done by a certified safety expert. To find one in your area, call 1-866-SEAT-CHECK or visit seatcheck.org online.

2. **Write a birth plan.** While you can’t control every aspect of labor and delivery, a detailed birth plan will remind your doctor and his team how you’d like your baby’s birth to be handled. Need help writing one? Check out the Birth Plan Creator tool at HuggiesBabyNetwork.com/birthplan. It’s easy to use, and you can print out your very own customized birth plan when you’re done.

3. **Set up at least two weeks of postpartum help.** Family, friends, neighbors—all of these people care about you and will probably be more than happy to lend a hand during your first weeks of new motherhood. Plus, they’ll get to meet the baby while they’re helping out. Everyone wins!

4. **Load up on diapers, wipes, and baby bath and body products.** Look for diapers that are designed specifically for newborns; some even feature an opening to comfort baby’s umbilical cord stump. And be sure to choose mild baby bath and body products specially formulated to soothe and nourish your newborn’s sensitive skin.

5. **Stock your fridge and freezer.** With a newborn, finger foods and microwavable meals are about the only culinary skills most new parents can handle. Make it easy on yourselves by having a fridge full of food and prepared meals so you can forget about grocery shopping for at least a week and focus on more important things—namely, your adorable baby.
Give your new baby the full-treatment when it comes to tender care.
Our changing time collection is all about comforting details.

With Umbilical Cord Protection!
HUGGIES® Newborn Gentle Care diapers have a unique U-shaped umbilical cord opening that offers the most gentle protection for your baby’s healing belly button.

For Sensitive Newborn Skin!
HUGGIES® Gentle Care Sensitive Baby Wipes are soft, gentle and hypoallergenic for sensitive newborn skin. Our softest ever!