



# 19 weeks pregnant: baby development and diet tips

**BABY CARE**

**ARTICLE**

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Your little lodger weighs between 300 and 400 grams – weigh a grapefruit in your hand and that's about how heavy she is. Read more about this week.

## **BABY DEVELOPMENT**

There's a whole lot of growing going on, so, though your baby is very active, she isn't

necessarily on your time clock and can wake you up at night as she moves around restlessly. Try to gently caress your belly and talk to her when she does, it may calm her down, and maybe you'll both be able to get back to sleep. As she's not very big, she has lots of room to move her arms and legs around, and kicks. Remember to pat the bump to show the baby that you are there!

## **YOUR BODY**

At 19 weeks pregnant, though your body is doing its job almost on auto-pilot, there are still a few things that need to be taken care of externally. If you haven't already done so, then discuss with your gynaecologist at your next check-up how and where you want to give birth. If you want to have your child in a hospital, they can recommend one for you. Hospitals usually offer information events for parents-to-be, so that you can get an impression of the place. This can help to make the decision easier!

## **NUTRITION**

Time for a weight gain check at 19 weeks pregnant: Even if extra calories are from « healthy foods », they too can result in extra weight gain. Gaining too much weight during pregnancy can also lead to a baby that is too large at birth. Contrary to some beliefs, an extra-large baby at birth is not healthier than a baby born at a normal and healthy weight. In addition, a high birth weight can indicate a baby will have a greater chance of becoming too heavy during his toddler and childhood years. As well as leading to other problems such as diabetes, childhood obesity often leads to adult obesity. Discuss with your health care provider on how your weight gain is stacking up compared to what is recommended for you.

## **TIPS**

Hooray! At 19 weeks pregnant, you are at the midway point of your pregnancy. This is a great time to pat yourself on the back! You have achieved something tremendous after all. Of course, like all mums-to-be, you have a lot of unanswered questions - like, for example, what happens from this point on. That is why it is worth going to an antenatal class. Knowing what is going on takes away a lot of uncertainty. Talking to other mothers- and parents-to-be is also particularly helpful. An antenatal class is also a good time to learn more about breastfeeding. By thinking ahead during your pregnancy, you'll build your confidence to breastfeed when your baby arrives.