



Nancy Taylor
RN
Manager of Childbirth
Education

Week **25** of your pregnancy

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Don't forget to sign up for classes!
Mount Carmel offers a wide variety of classes, including childbirth preparation, breastfeeding basics, sibling classes, and more. To learn more about our classes or to register, call 614-898-MOMS or visit our [classes and support section online](#).

Consider Feeding Options
At Mount Carmel, a mother's decision on how to feed her baby is hers alone and something we fully support. For mother's who choose to breastfeed, we offer breastfeeding classes, bra fittings, and outpatient consultation if you would like one-on-one instruction on how to get started. To learn more or to schedule an appointment, please call 614-234-MILK or review our comprehensive [Breastfeeding Program](#) online.

Experiencing Back Aches or Leg Cramps?
Many aches and pains that accompany pregnancy can be eased or alleviated through therapeutic massage. Our licensed massage therapists are experts in working with pregnant women. Read our [Pregnancy Massage](#) webpage to find out more.

[Mount Carmel East Website](#)
[Mount Carmel East Parent Education Program](#)

Dear Name of Parent,

Pregnancy and exercise
Exercising throughout your pregnancy will help you continue feeling good, and may make your labor and delivery easier. While gaining 25-30 pounds is healthy for most pregnant women, becoming seriously overweight can cause health issues for mothers and babies, as well as decreasing the levels of prolactin, the hormone responsible for producing breastmilk. To maintain your fitness level through pregnancy, here are a few things to keep in mind:

- Most exercises are safe to perform during pregnancy, as long as you exercise with caution and stop when you feel fatigued. The safest and most productive activities are those that carry little risk of injury, benefit your entire body, and can be continued until birth: swimming, brisk walking, indoor stationary cycling and elliptical machines, and low-impact aerobics.
- Your developing baby and the other demands of pregnancy require more oxygen and energy.
- Hormones produced during pregnancy cause the ligaments that support your joints to stretch, increasing the risk of injury.
- Your center of gravity shifts during pregnancy, and the added weight of your uterus and baby put stress on your joints and muscles in the lower back and pelvic area. It will be easier to lose your balance and you may wish to avoid exercises that require it. Tennis, squash, and other court sports requiring rapid movements may become risky as your pregnancy proceeds. You will also want to avoid exercises in which you must twist at the waist while standing or, after your third month of pregnancy, those that require lying on your back or right side for more than a few minutes.

Please note that if you have a medical problem, such as asthma, heart disease, or diabetes, your doctor may want you to limit your exercise program, or to monitor it closely. [More](#)

Until next week, be well.
Nancy Taylor

Your Resource of the Week

Dancing Thru Pregnancy
More information on pregnancy and exercise is available from Dancing Thru Pregnancy, Inc.

[View Directory of Resources](#)

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Your Baby's Development

- The baby will grow rapidly during this week and gain about half a pound.
- Her brain and nervous system continue their rapid growth as they become more complex.
- By this time, "rapid ossification" of her skeleton is occurring and requiring more calcium for bone development, especially during the third trimester.
- She is making breathing movements, but she would not be able to fully take in air at this point.

Q: "What is a typical or normal number of fetal movements in the course of a day? How do I know if I should be worried that she is not moving? What do you recommend if an expectant mother suspects no activity?"

A: At week 25, it may be a bit early to gauge the regularity of your baby's movements. Babies vary in how much they move in the womb from day to day, and from baby to baby. Some babies are always active; others tend to be quiet. Mothers, too, may have days when they're on the go and not as aware of their babies' kicks and squirms as they are on less busy days. [More](#)



Research Briefs from The Parent Review

Early flavor preferences
New research shows that early experiences may actually "program" our flavor likes and dislikes later in life. One group of infants was assigned to be fed a milk-based formula. Another group was assigned to be fed a hydrosalate formula, which is equally nutritious but [More](#)

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