

# The 6th Month (21 to 25 weeks)

## Some changes you may see:

- Your hips may feel “wobbly” during pregnancy. This is so the baby will be able to get past your hips during delivery.
- Your back might hurt! This is because of the weight of your belly.
- Your legs might cramp. This is because your blood is flowing to your belly. It is not flowing as quickly to and from your legs.
- You may have skin color changes.

## Things you can do:

- If your hips feel off balance, watch your step! Ask your doctor about a belly band.
- If your back hurts, try sitting with your legs propped up higher than your hips.

- If your legs cramp while you sleep, tell your doctor.
- If you are having problems with your legs and back, tell your doctor about it. Positioning a pillow may help. For comfy support, lay on your left side. Use pillows under the belly, behind the back and between the knees.
- Go to prenatal classes to learn about labor and delivery. Call Bright Start for more information.
- Avoid laying flat on your back. Laying on your back can be unsafe for the baby.
- Drink 6 to 8 glasses of water each day.
- You may have discomfort in your lower back, stomach, or pelvic area as the baby grows. If this continues or becomes painful, call your doctor.