
Subject: 35 weeks - Melon

Posted by [Jamie](#) on Sat, 26 Nov 2011 18:34:26 GMT

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So many little things have happened in the last couple of weeks...thinking I'd remember them all turned out to be a joke with this "pregnancy fog" I've got going.

The couple of biggies is that I've been having Braxton Hicks contractions pretty normally. The first week was rough...it ended up leaving me with the feeling of a stitch in my side (sorta like when you first pick up exercise?) so I was pretty much sore a lot of the time. At that time, I quit driving as much as those things are no joke when they do happen...I didn't want to clench up in pain trying to merge onto the highway.

One woman suggested to me, rather than tensing up (which is involuntary to start with, but then becomes a go-to method of dealing, just like with stomach aches) is to let it "ride out" trying hard not to clench up. Just not fight against the body. I didn't realize I was fighting against my body, LOL...but I took her advice, and it seems to work, as last week I was doing pretty good through the contractions. I'm feeling them in both my front and back...and have found rocking on my hands and knees to be relieving when they are very strong.

The baby and I are doing well, though I have to watch the stress level. He was last measured in the 57th percentile...he's head down and "very cooperative" according to my OB's MedWife member. I'm finding him not to be cooperative, still playing the "no one else will know I'm here" card whenever I try to catch others' attention to the baby's movements, LOL. The little trickster. He is, however, responding to DH's voice.

Subject: Re: 35 weeks - Melon

Posted by [Tamara E](#) on Tue, 06 Dec 2011 15:31:05 GMT

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I have been neglecting to check in frequently lately, due to internet access troubles and busy family times, but will try to be more regular now. :)

I'm always blessed to see your updates, Jamie!

Subject: Re: 35 weeks - Melon
Posted by [Jamie](#) on Thu, 08 Dec 2011 16:40:08 GMT
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Thanks for checking in so often, Tamara. I hoped more women would be here to share with...but I've been so blessed to have you keep up with me and sending me encouragement.
