



Let
that
baby
grow!

Why wait
until at least
39 weeks?

WATCH THE VIDEO

<http://www.nichd.nih.gov/wait39weeks>



NATIONAL
**CHILD &
MATERNAL HEALTH**
EDUCATION PROGRAM



Eunice Kennedy Shriver National Institute
of Child Health and Human Development

LET BABY SET THE DELIVERY DATE

Babies need at least **39 weeks** to grow before they are born.

39 weeks? But I'm ready to deliver now!

Between 37 and 39 weeks, the baby goes through critical development of the



Brain



Lungs



Liver



35 weeks



39-40 weeks

Your baby's brain at 35 weeks weighs only

$\frac{2}{3}$ of what it will weigh at 39 to 40 weeks.

Adapted from material developed by the March of Dimes

Babies born before 39 weeks have a **20% greater risk** of complications than babies born later, including problems with:



Breathing



Temperature



Feeding

Elective delivery prior to 39 weeks increases the mom's risk of:



Postpartum depression



Stronger and more frequent contractions



Need for a cesarean delivery

Learn more at <http://www.nichd.nih.gov/wait39weeks>