

Date and way of birth – what would Baby choose?

Staying pregnant as long as possible (39 to 41 weeks) is the best way to give babies enough time in the womb to grow and develop.

Preterm:

before 37 weeks

Early term:

37 to 38 weeks

Full term baby:

39 to 40 weeks

Late term:

41 weeks

Postterm:

42 weeks and beyond

A baby born before 39 weeks is an early term baby



Each week of pregnancy matters even those last few weeks

TO FIND THE CHILDBIRTH
EDUCATORS IN YOUR AREA
www.expectantmothersguide.co.za

