Let that baby grow!

Why wait until at least 39 weeks?

WATCH THE VIDEO

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

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](http://www.nichd.nih.gov/wait39weeks)

March 2014