

[Music]

At 25 to 28 weeks, your baby is continuing to grow in your body. At 28 weeks, your uterus is now at least 8 centimeters above your belly button at the time.

At 25 to 28 weeks of pregnancy, the baby weighs in between 1 3/4 and 2 1/2 pounds. You should feel the baby move very regularly at this point in the pregnancy as well.

The heart is fully developed at this point, and the baby is just working on gaining weight. And the neurological development of the baby is continuing to grow.

You might also notice during your clinic visits that the baseline heart rate starts to decrease a little bit as you go through the second and third trimesters. The normal heart rate is in between 110 and 160 beats per minute.

[End of recording]