

Pregnancy



ARTICLE

## 40-Week pregnant: Development and diet

**Time's up! If he hasn't already, your little darling will arrive in the next few days. And then you will be a mother at last! [Read more](#)**

## about this week.

**2 mins**

**to read**

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### **WEEK 40 DEVELOPMENT**

This is the last “official” week of pregnancy. Did you know that birth is just as much a real physical achievement for the child as for the mother? Your child plays an important role by kicking against the uterus and birth canal, and twisting her body around so cleverly that it slowly “screws” its way out of your body. In a stroke of smart design, your child’s two cranial bones have not yet grown together and so can press together during birth. The gaps between the bones in your little love’s head may only close about 18 months after the birth.

This will be the shortest “Baby Development” paragraph of all time – your child is ready to be born! No new developments, but your child is still growing as each of you waiting for the big event.

### **NUTRITION**

During labour and delivery, your healthcare provider or hospital may have policy about what you can eat and drink. Some may insist that you do not eat or drink anything, except some ice chips. This recommendation is based largely on concerns about aspiration of stomach contents into your lungs if you are found to need general anaesthesia during delivery. If your doctor thinks you are at a low risk of complications and you are hungry or thirsty, ask your doctor about what foods or beverages you could have.

### **TIPS**

Congratulations and best wishes in your new life!

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