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# 3<sup>rd</sup> Trimester

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## Main Topics

Weeks ~  
27 through 40

Baby Proofing Your  
Home

Ask Around

FHE

Go Bag!

Freezer Meals

Announcements!

First Couple of Weeks

Delivery Part 1

Delivery Part 2

Delivery Part 3

Postpartum Health for  
Mom

Plan for Plan B

Big Date!

Sleep



## *Quote:*

*No one else will ever know  
the strength of my love for  
you. After all, you're the only  
one who knows what my  
heart sounds like from the  
inside.*

*~Author Unknown*