



Your pregnancy: Monitor your baby's growth

Your midwife monitors the growth of your unborn baby. She uses the GROW-NL method for this. Your midwife plots a personal growth curve for the baby, indicating the optimum weight. This weight is a prediction based on your physique and any previous deliveries.

Monitoring the growth

As of 26-28 weeks of pregnancy onwards, your midwife measures your uterus with a measuring tape every 2 to 4 weeks. She enters the growth in your personal graph. That way, a proper estimate can be made whether the baby grows sufficiently. If your uterus expands normally, there are no concerns about the growth. It is therefore unnecessary to make an ultrasound. When your uterus does not grow along the lines of the curve, an ultrasound will be made to measure your child and estimate his/her weight at that time. This estimated weight is also entered in the graph.

In some cases, an ultrasound may be made, once or at regular intervals:

- if there are indications that your child is not growing properly;
- if you have had a child before that was too small at birth;
- if the height of the uterus is difficult to measure in your case.

Sometimes, this means that the midwife refers you to the gynaecologist for additional examination.

Measuring your uterus

It is important to carry out the examination under circumstances that are as similar as possible. This means that you may encounter fewer different midwives than you are used to (at most two midwives for the growth measurements). The midwife will ask you to fully uncover your belly, stretch your legs and put your arms alongside your body. It is also important that you have an empty bladder before the examination, as a full bladder may hinder the measurement.

