

Release your emotions?

Share feelings with others?

Not push yourself too hard?

**Once
Baby
arrives,
how
will
You...**

**Lastly, who will you call if you feel
more than just "baby blues?"**

Eat well?

Get fresh air and sunlight?

Relax your expectations?

Get sleep?

Inspired by
"The Official Lamaze Guide:
Giving Birth with Confidence"

staciebingham.com

