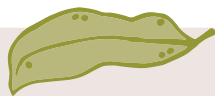


Pregnancy Menu



MY CHILD AND ME

- Being the best parent I can be
- Calming my bubba
- Feeding my bubba
- Getting ready to be a parent
- Keeping bubba healthy
- Smoking, alcohol, drugs and pregnancy
- Taking care of my new bubba
- What does my new bubba need?



MY FAMILY AND FRIENDS

- Communicating well with others
- Finding supports and services
- Getting along with family and friends
- My culture
- Protecting my baby and myself
- Safe and healthy relationships
- What if someone is hurting me?



MY HOME

- Keeping my home safe
- My community



MY HEALTH

- After my bubba is born
- Body changes during pregnancy
- Getting ready to have bubba
- Healthy eating in pregnancy
- Labour and birth
- Sex and pregnancy
- Staying healthy in pregnancy



MY LIFE

- Am I ready to address change?
- Paying for things I want and need
- Setting and achieving goals
- Solving my problems and stress
- Sorry business
- Staying mentally healthy