



## HELPFUL THOUGHTS DURING PREGNANCY

### *Helpful thoughts during pregnancy:*



This is a very special time in my life.  
I am getting ready to be a good mother.  
I am so happy I am bringing a new life into this world.  
I want to take good care of myself so I can have a healthy baby.  
Giving birth is such a normal process; I don't need to be so nervous.

### *Helpful thoughts prepare us to become mothers:*



I am so eager to hold my baby in my arms.  
From birth, my baby will know he/she is loved.  
I am so excited about all the things I am going to teach my baby.  
I will teach my baby to be proud of herself, her family and her culture.  
I am going to teach my baby to be polite, respectful, and above all to enjoy life!