

Fun Things to do During Pregnancy

During pregnancy, it's important to take care of your physical and emotional well-being. Here are a few fun things you can do to make this time enjoyable:

- Take weekly pregnancy pictures
- Have maternity photoshoot
- Join a prenatal yoga class
- Create a pregnancy journal to document your journey
- Get a prenatal massage
- Treat yourself to a day of pampering at a spa
- Have date nights
- Bond with baby by talking, writing, or singing to your belly
- Plan a babymoon
- Shop for baby
- Have a well-stocked freezer for the first few weeks and months after baby is born
- Plan and decorate the nursery for your baby
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