

Download Congratulations You're Pregnant Guide To A Healthy Pregnancy

5 things to do when you find out you're pregnant. Just found out you're pregnant? Here are 5 things every mum-to-be should have on her to-do list for a safe and healthy pregnancy. Congratulations! You made it to the second trimester of pregnancy. You can take a deep breath and relax. The risk of miscarriage has dropped dramatically, and you are hopefully coming out of the fog of exhaustion and morning sickness. Some women will continue to be sick throughout pregnancy, but the ...Congratulations! Oh, yes the coffee. I had my one cup a day, and savored it. I also didn't get to nap as frequently since my two children are older, but I went to bed at 8:30 each night and felt great. I turned 11 weeks pregnant right around Mothers Day so for Mother Day we had brunch at our house and gave both moms a wrapped present. Inside were Happy Grandmothers Day picture frames and inside the frames we put sticky notes that said 'Picture To Come December 2006' Needless to say everyone was elated and surprised.