

Download You And Your Beautiful Growing Belly Pregnancy Journal 40 Weeks Edition

Gently rubbing and talking to your pregnant belly are some of the first motherly actions you take. “You don’t become a mother when your baby is born, you grow into becoming a mother during your pregnancy,” says Virginia Bobro, co-owner and managing director of the international childbirth education organization Birthing from Within.

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How I dealt with gender disappointment during pregnancy when finding out I was having a boy. We were convinced it was a girl. We wanted a girl. We even had chosen a girl’s name while we were still engaged—long before a baby was on the scene.