

THE ULTIMATE PREGNANCY PLANNER AND 9 MONTHS JOURNAL

From the Author of *Womb In Bloom*

Q.M. SAMI

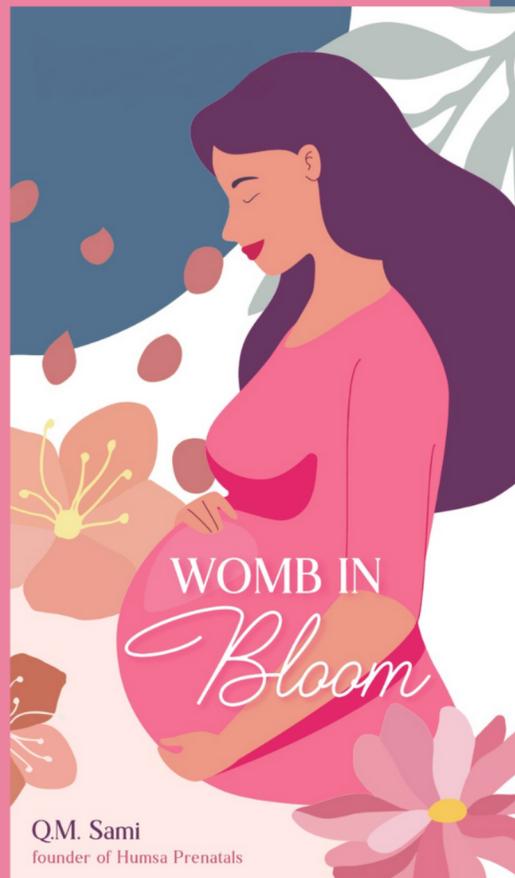


Pregnancy Planner & 9 months Journal

A Nurturing Journal
for Your
Body, Mind, Heart
and Spirit

A Super Efficient
Planner
for your Pregnancy

Mental Health
Journal for the
Pregnant Mom



From The Author of Womb In Bloom

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PREGNANCY PLANNER & 9 MONTH JOURNAL



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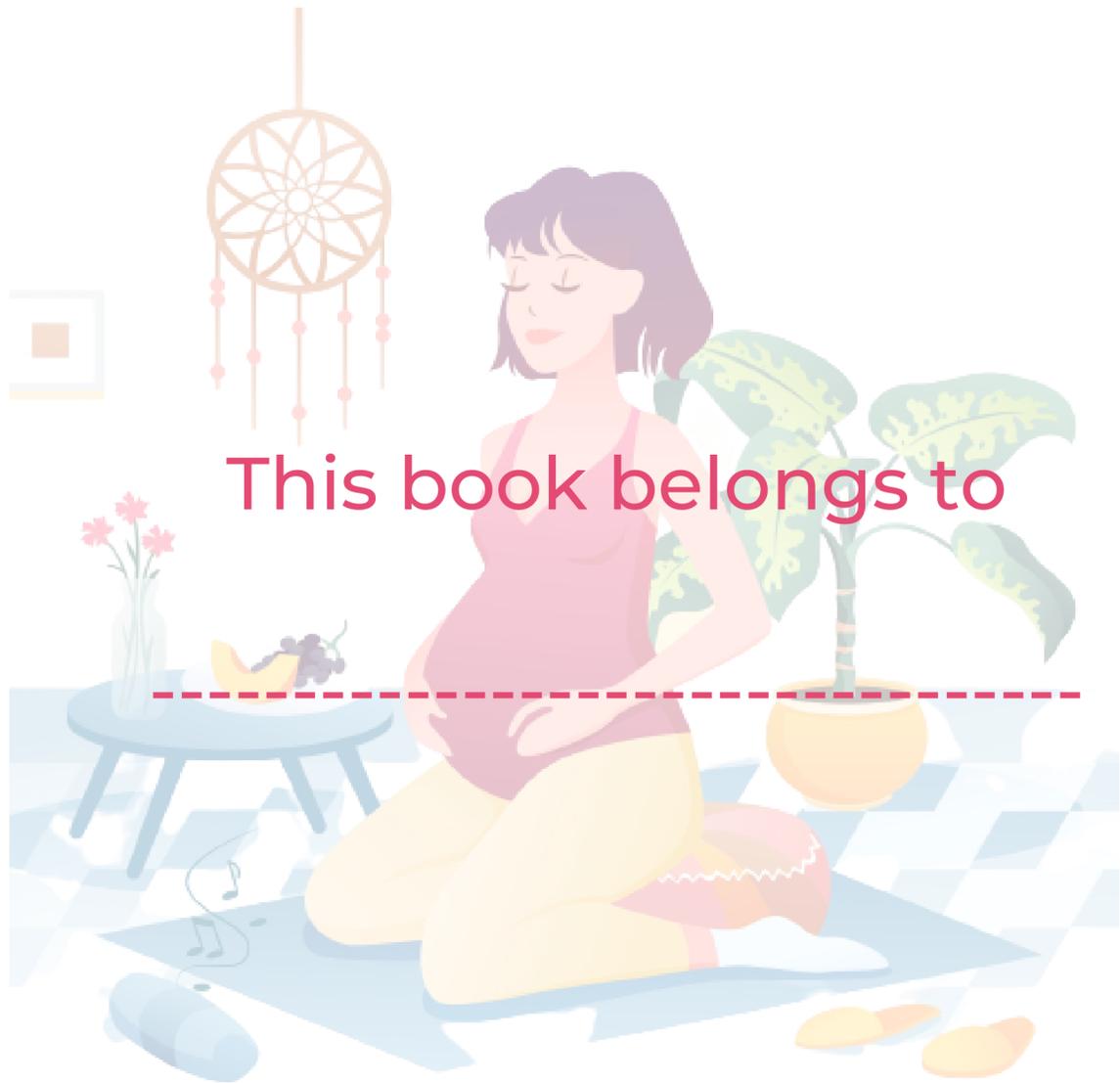
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BOOK COVER WOMB IN BLOOM ILLUSTRATIONS BY CHARACTERVECTORART
AND KAVOON (ENVATO) OTHER ILLUSTRATION CREDITS ON PAGE 97

FIRST EDITION

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This book belongs to





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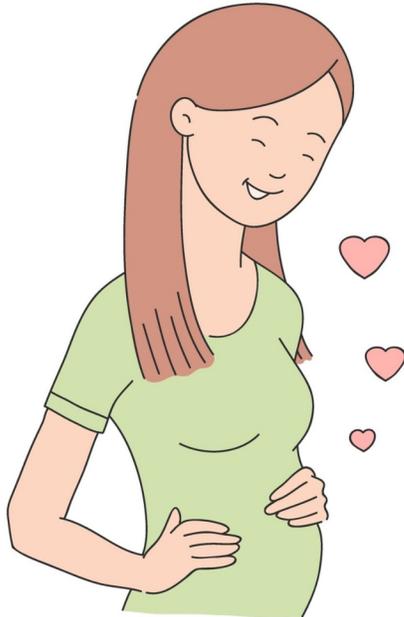
Wheel of well-being Journal

25	First Month
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89	Ninth Month
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Hi and...

WELCOME!



Dear soon-to-be Moms and Dads:

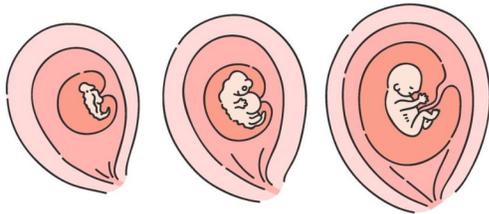
This book has two parts, the first is a planner and the second is the journal part.

The planner part makes it super easy for you to fill in details and keep track of all the tiny things in your pregnancy.

The journal part is aimed at helping you balance the physical, mental, emotional, and spiritual aspects of your life. Consider this to be a mental health journal as well.

Bringing you Strength and Gentleness,

Q.M.Sami, B.Ed. PNSW, DSW,
Childbirth Educator
Humsa Prenatals



Let's start!

Q.M.SAMI

CHILD BIRTH EDUCATOR
humsaprenatals.com





Important CONTACTS

- Family Doctor or General physician
- Obstetrician or Midwife
- Public Health Nurse/ Support person/Doula
- Nearest Hospital
- Emergency contact 1
- Emergency contact 2
- Pediatrician



FERTILIZED EGG



2 - CELL STAGE



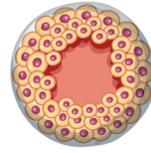
4 - CELL STAGE



8 - CELL STAGE



16 - CELL STAGE



BLASTOCYST



Early Pregnancy SYMPTOMS

MISSED PERIOD	FREQUENT URINATION
FAINTNESS	SLIGHT BLEEDING
FOOD AVERSION	MOOD SWINGS
TENDER BREASTS	FATIGUE
NAUSEA	RAISED TEMPERATURE
CONSTIPATION	HEADACHE



Important CONTACTS



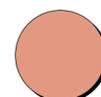
designed by freepik



Grocery store (pick up or delivery)



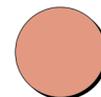
Nearest pharmacy



Maternity /Baby store



Laboratory for tests



Mom/ Dad/ Grandma/ Grandpa/ sister/ Brother



Neighbor/ Friend



Favorite restaurant / Take out



PREGNANCY FIRSTS

11

We found out about the pregnancy on

Who was present?

Who did we first tell?

What was their reaction?

What did we do to celebrate?



PREGNANCY FIRSTS

First time I felt morning sickness

First Food I had a craving for

First food I had an aversion for

My first doctor's appointment

First ultrasound and Due date



PREGNANCY FIRSTS

First time the baby moved - Mom and Dad's reactions

First time the baby hiccupped in the womb

Who did we first tell?

What was their reaction?

What did we do to celebrate?



PREGNANCY FIRSTS

14

First Prenatal class

Baby shower and important guests

Useful First Gifts from the baby shower

First shopping for baby things

First baby clothes / toys



PREGNANCY FIRSTS

15

First time we decorated baby's space

First time I felt Braxton Hicks contractions (false labor)

My water bag broke at

My first real contraction started at

First person you informed that the labor had started

Baby

NAMES AND GENDER¹⁶



Girls names



Boys names



Gender Neutral names



Gender - Mom's guess and dad's guess



We decided to find out /not find out



We found out but decided to keep it to ourselves.



We found out and decided to tell. Who did we tell?





NAME

QUALIFICATIONS

WHAT I LIKE ABOUT THEM



BABY'S FIRST SHOPPING LIST

ITEM

PRICE

BRAND OR STORE

WHAT I LIKE ABOUT IT

BREAST FEEDING

- ✓
- ✓
- ✓
- ✓



BOTTLE FEEDING

- ✓
- ✓
- ✓
- ✓

DIAPER BRAND COMPARISON

DIAPER BRAND

PRICE

BRAND OR STORE

WHAT I LIKE ABOUT THEM





Things to take to the HOSPITAL /BIRTHING CENTRE

FOR MOM

FOR BABY

FOR SUPPORT
PERSON



FIRST
ULTRASOUND

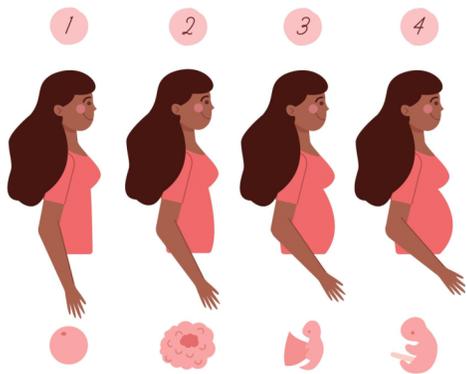
SECOND
ULTRASOUND

PREGNANCY
ANNOUNCEMENT

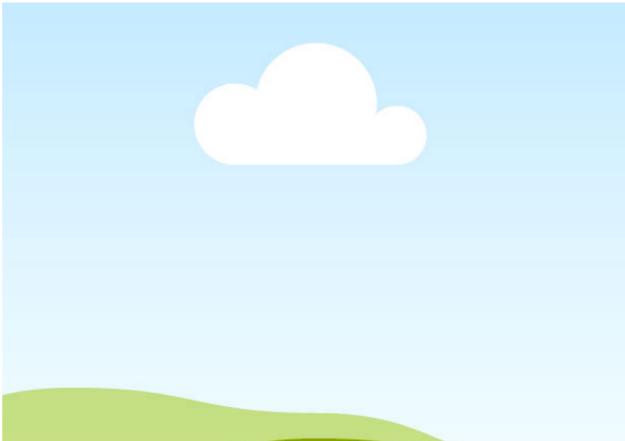
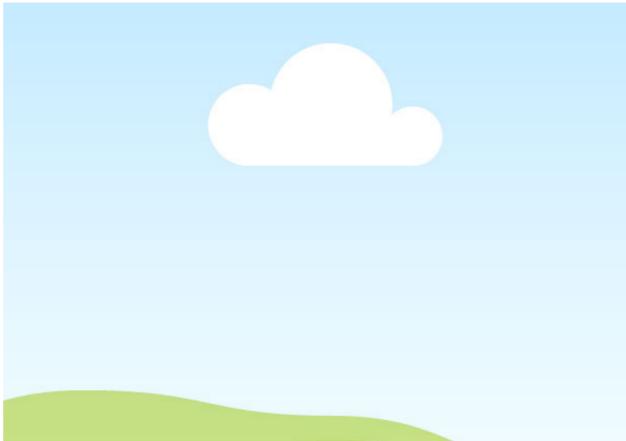
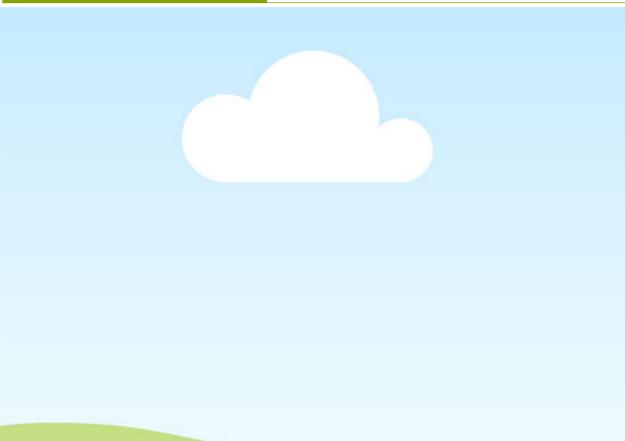
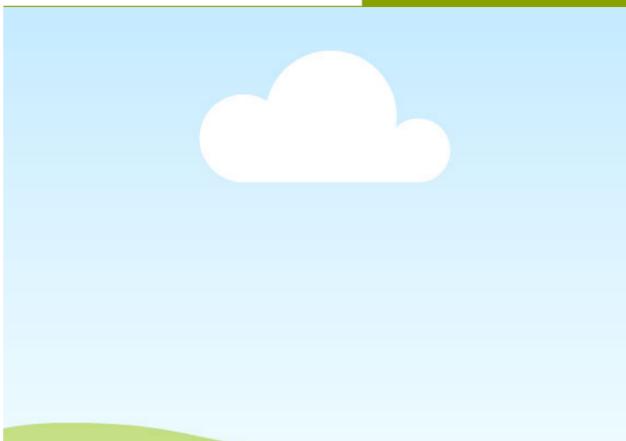
BABY SHOWER

GIFTS

BABY'S ROOM



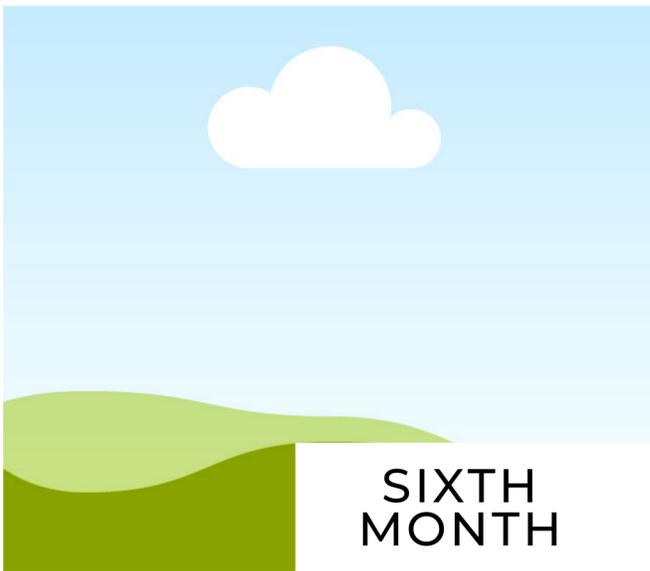
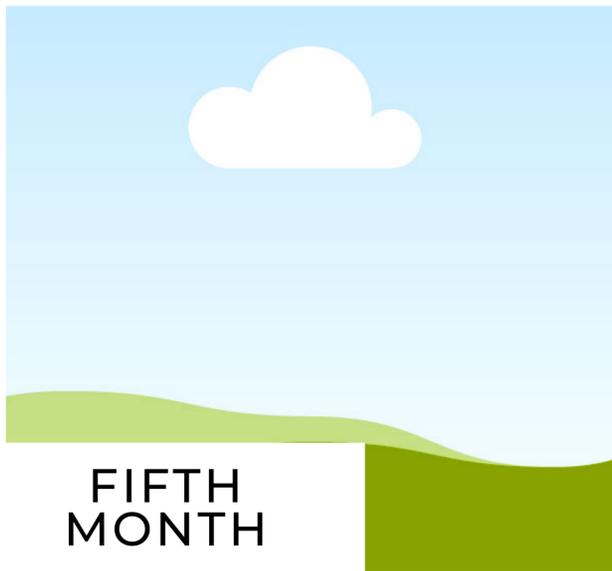
Keepsake PICTURES

 FIRST MONTH	 SECOND MONTH
 THIRD MONTH	 FOURTH MONTH



Keepsake

PICTURES





Keepsake

PICTURES



NINTH
MONTH

BABY IS
HERE

GOING
HOME!

BABY AT
HOME



Dear Soon-to-be Mom / Dad,

Throughout the 9 months feel free to add to the following sections:

Physical changes: Food cravings, aversions, aches, discomforts, Fun sensations like baby's kicking or hiccupping in the womb.

Emotions & Feelings: Happy, sad, excited, surprised, thrilled, touched, wonderful

Thoughts: Positive – optimistic, confident, empowered, supported

Negative – fears, worries, dealing with criticism, loneliness

Spiritual: Calm, peaceful, taking time for yourself, sending loving thoughts to baby

And you will easily be able to see where there is an imbalance and which section needs more of your attention. Let's get started!



Food cravings, choosing healthy and yummy foods

[Empty light pink rectangular box for notes]

Food and smell aversions

[Empty light blue rectangular box for notes]

Naps During Day and Sleep during nights

[Empty light pink rectangular box for notes]

Any discomforts, and remedies used

[Empty light blue rectangular box for notes]

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



First Month

NUTRITION

MEALS

PLANNER:

Breakfast



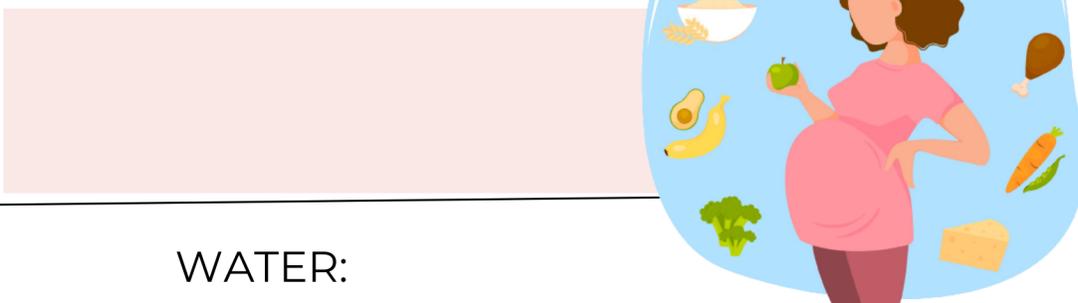
Lunch



Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?

TESTS DONE IN PREGNANCY:

Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



A LETTER TO MY BABY

5 GOOD THINGS ABOUT MYSELF
OR MY SITUATION

I AM GRATEFUL FOR

I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP
WITH CHORES, SO I COULD TAKE
SOME TIME OUT FOR MYSELF?

MOOD:

- 1
- 2
- 3
- 4
- 5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



- Talk to a friend / family member
- Talk to a Professional
- Do some thing creative – like art
- Read a good book
- Go for a walk
- Visit places
- Visit friends
- Go out to eat
- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?

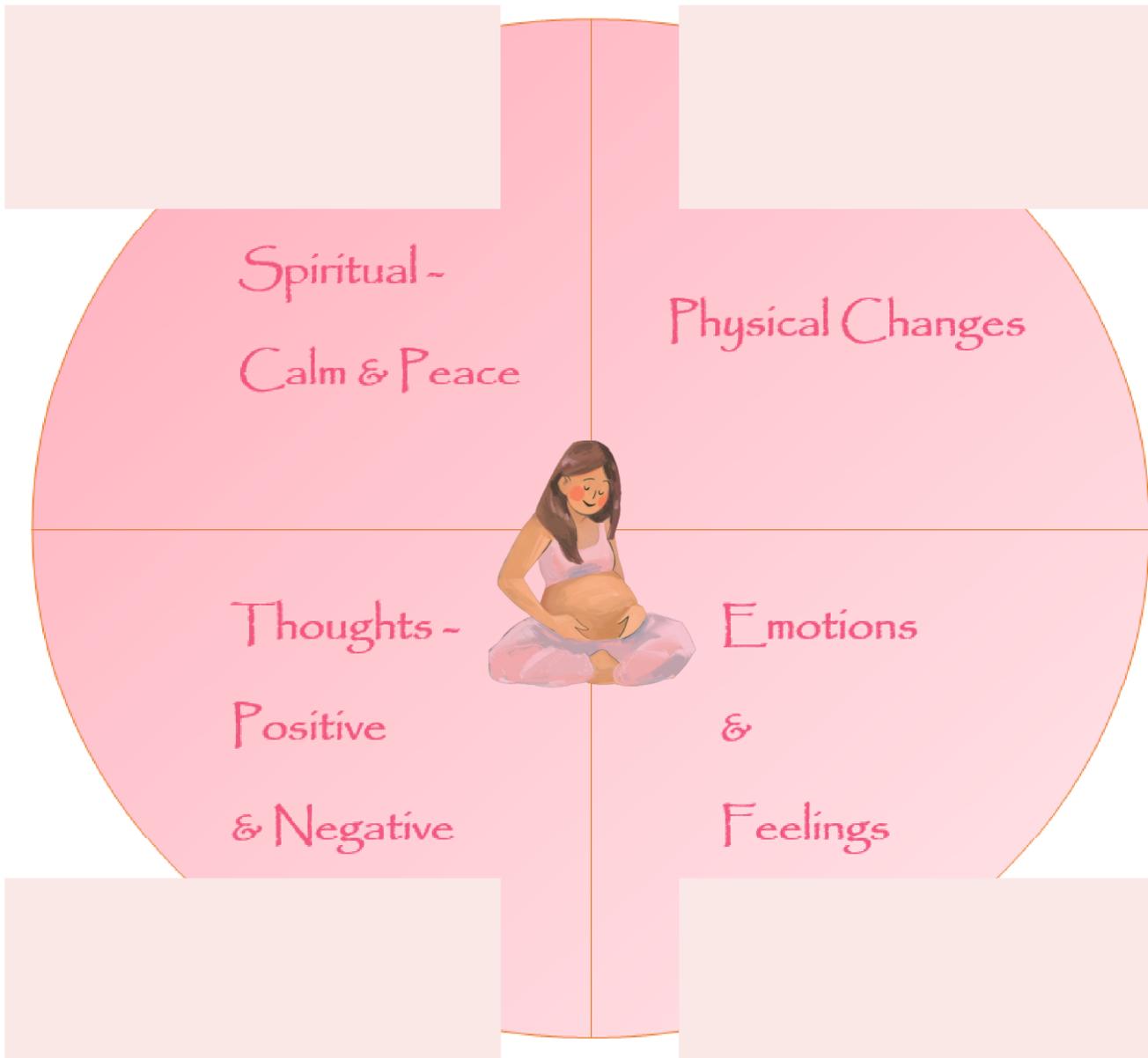


- Pray or meditate
- Listen to my Favorite Music Playlist
- Send good energy
- Send good thoughts to my baby
- Set time for a walk outside,
- Go outside in nature
- Enjoy fresh air
- Do prenatal yoga or stretch
- Breathing exercises
- Visualization exercises



WELL BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
OR YOU COULD WRITE A WORD OR TWO TO DESCRIBE HOW YOU FEEL ABOUT IT
IN THE SPACE GIVEN IN THE SECTION



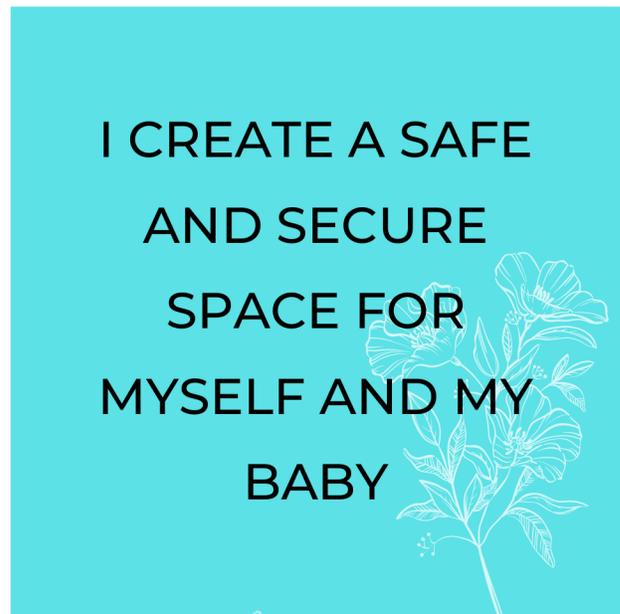
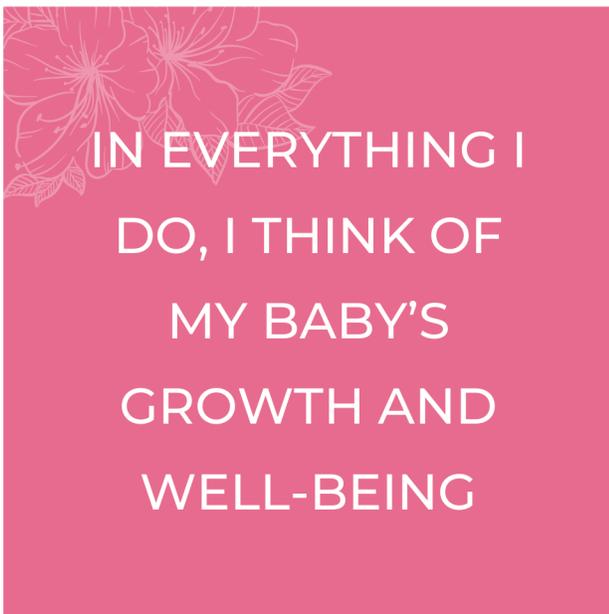


affirmation CARDS

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Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



Add your own affirmations

32





Food cravings, choosing healthy and yummy foods

[Empty light orange rectangular box for notes]

Food and smell aversions

[Empty light blue rectangular box for notes]

Naps During Day and Sleep during nights

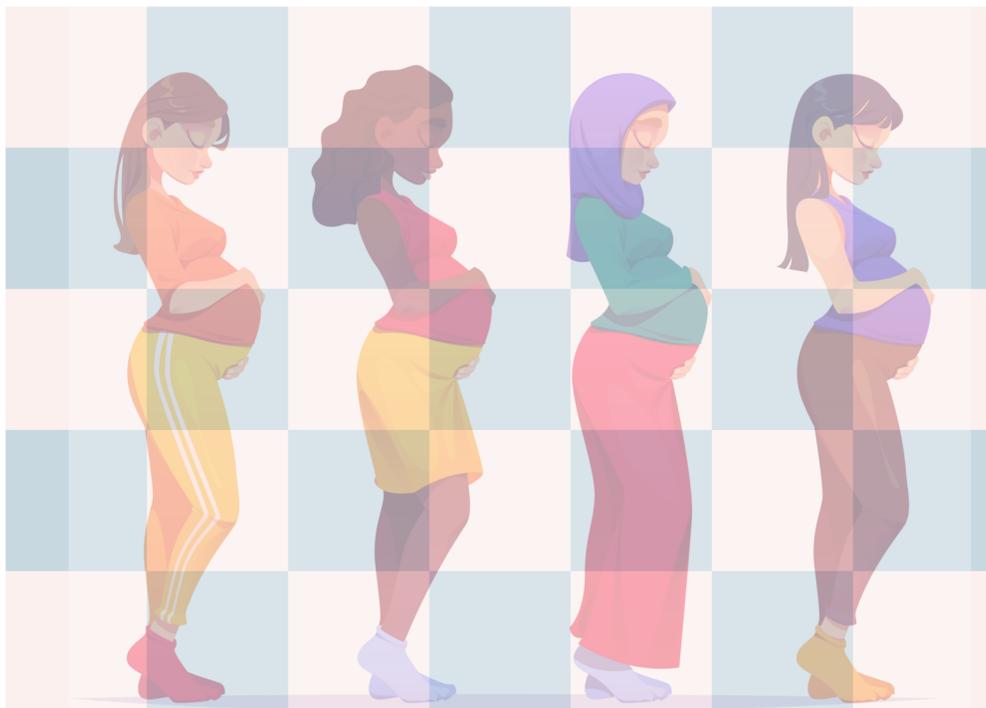
[Empty light orange rectangular box for notes]

Any discomforts, and remedies used

[Empty light blue rectangular box for notes]

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Second Month

NUTRITION

MEALS

PLANNER:

Breakfast



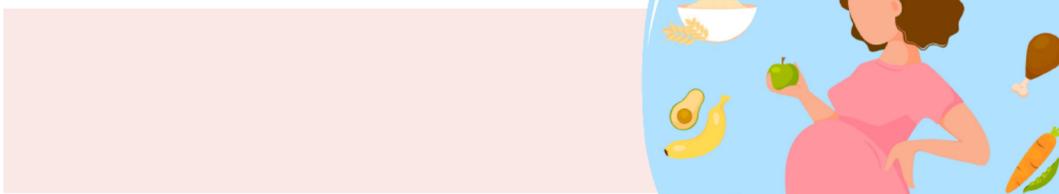
Lunch



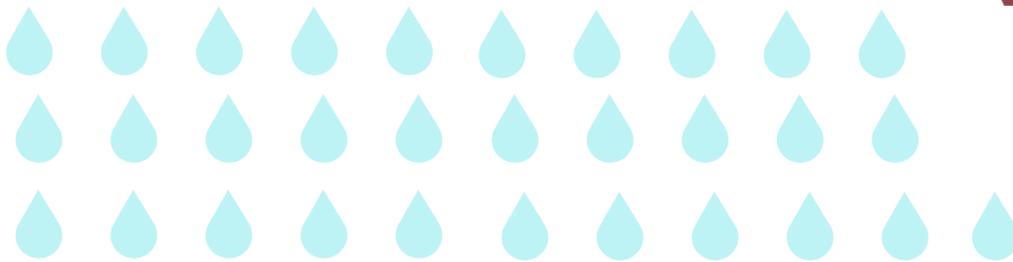
Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



TESTS DONE IN PREGNANCY:



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Second Month

EMOTIONAL WELL BEING



A LETTER TO MY BABY

5 GOOD THINGS ABOUT MYSELF OR MY SITUATION

I AM GRATEFUL FOR

I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP WITH CHORES, SO I COULD TAKE SOME TIME OUT FOR MYSELF?

MOOD:

- 1
- 2
- 3
- 4
- 5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



Talk to a friend / family member
Talk to a Professional
Do some thing creative – like art
Read a good book
Go for a walk
Visit places
Visit friends
Go out to eat
Make my favorite food
Celebrate ME
Take a long, nice bath
Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?



Pray or meditate
Listen to my Favorite
Music Playlist
Send good energy
Send good thoughts
to my baby
Set time for a walk outside,
Go outside in nature
Enjoy fresh air
Do prenatal yoga or stretch
Breathing exercises
Visualization exercises



Second Month WELL BEING

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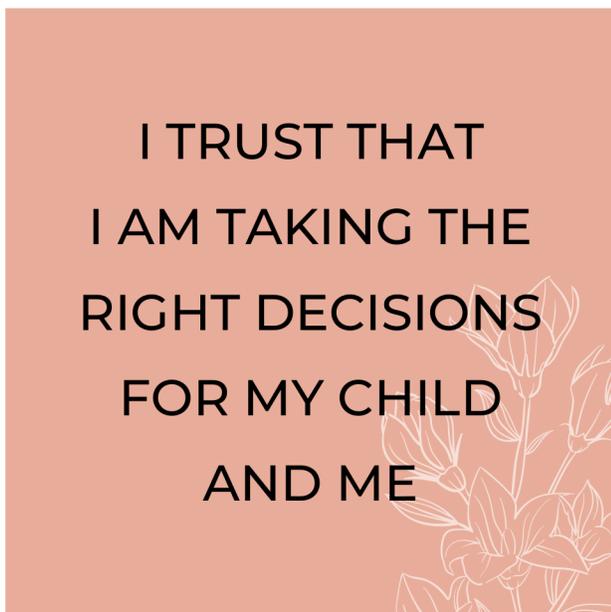
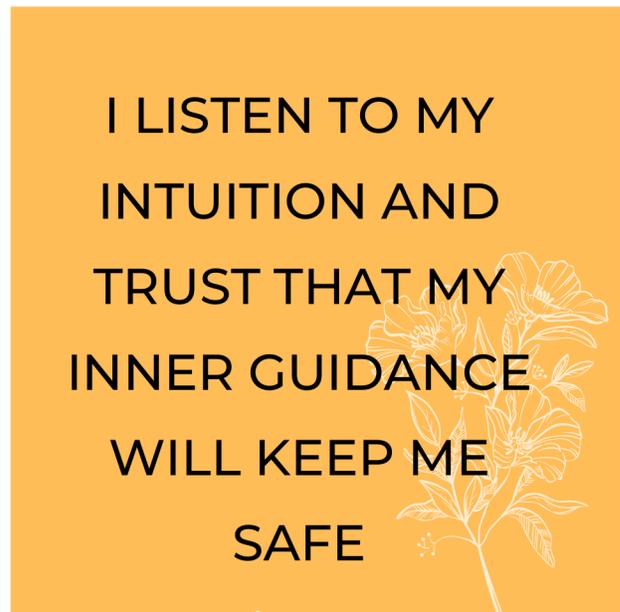
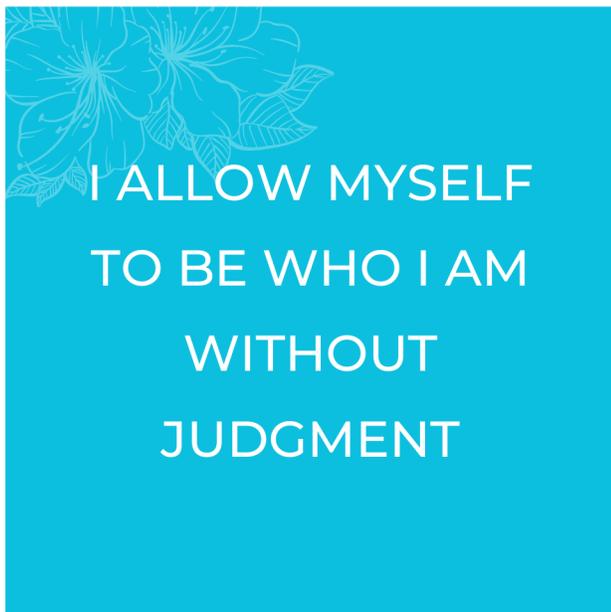


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Add your own affirmations

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Third Month

PHYSICAL WELL BEING

Food cravings, choosing healthy and yummy foods

Food and smell aversions

Naps During Day and Sleep during nights

Any discomforts, and remedies used

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Third Month

NUTRITION

MEALS

PLANNER:

Breakfast



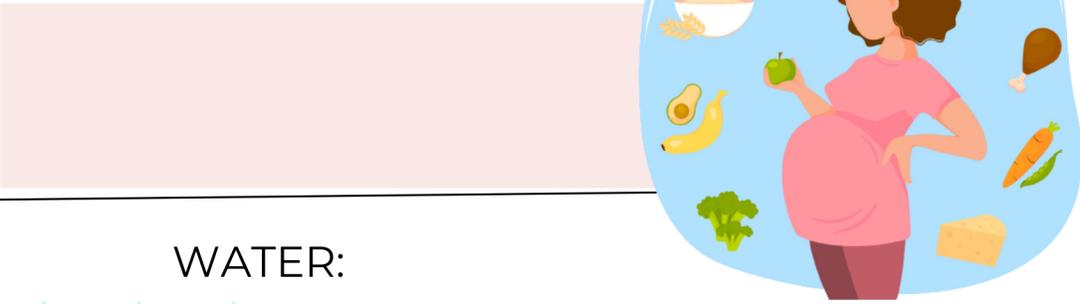
Lunch



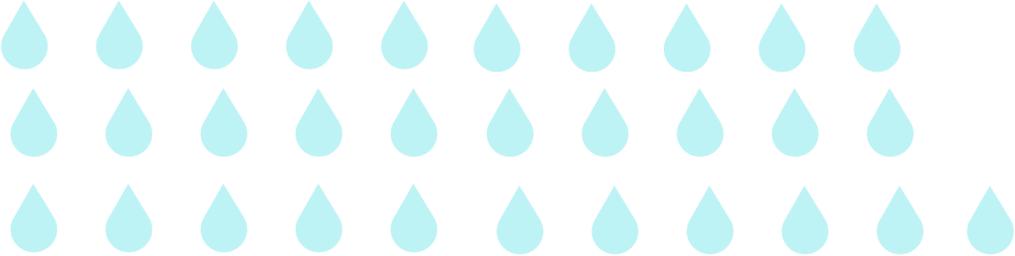
Dinner



Snack



WATER:



WHO	WHEN	WHERE
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TESTS DONE IN PREGNANCY:



Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



Third Month

EMOTIONAL WELL BEING



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FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



- Talk to a friend / family member
- Talk to a Professional
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- Go for a walk
- Visit places
- Visit friends
- Go out to eat
- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



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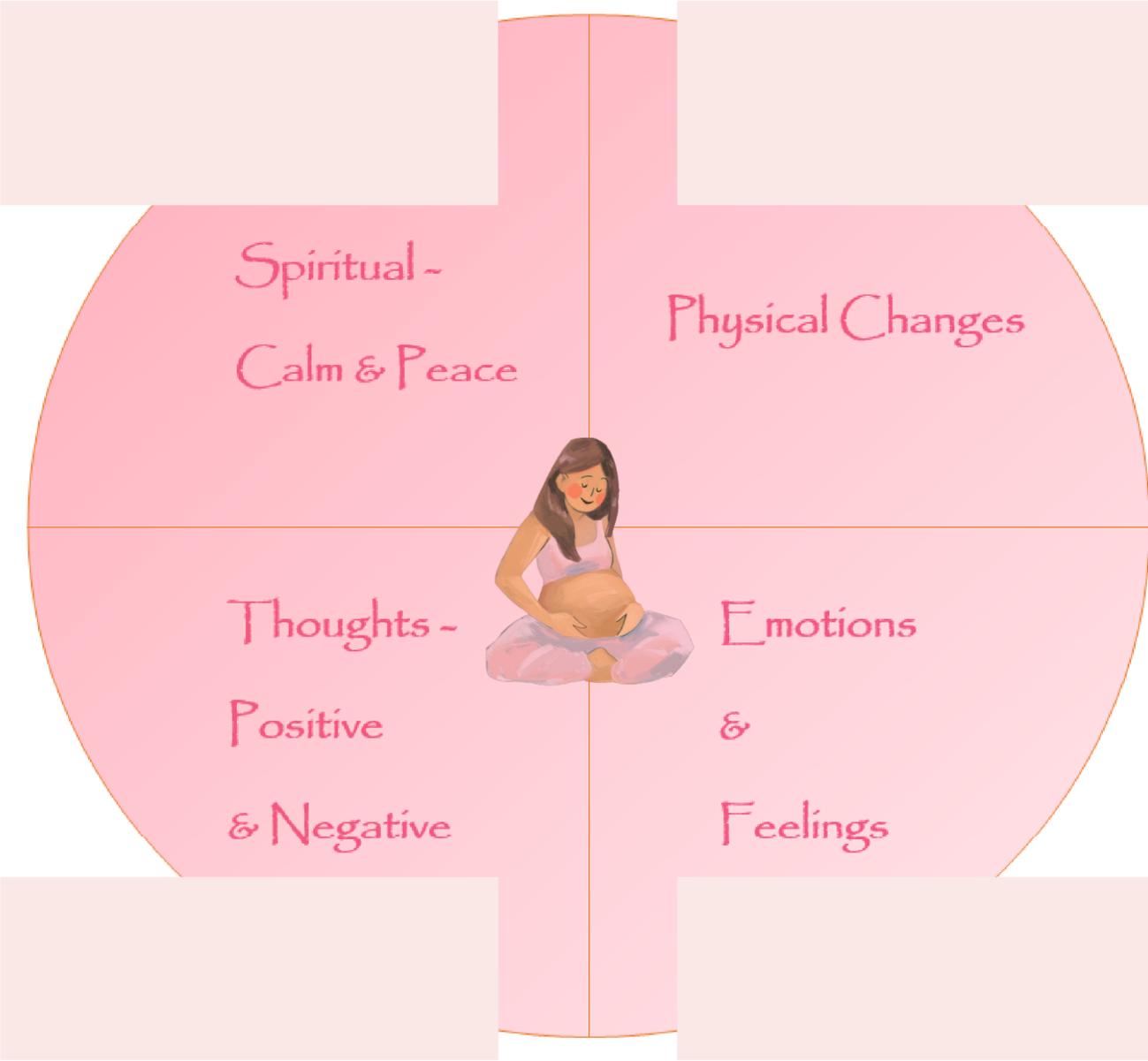
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Third Month

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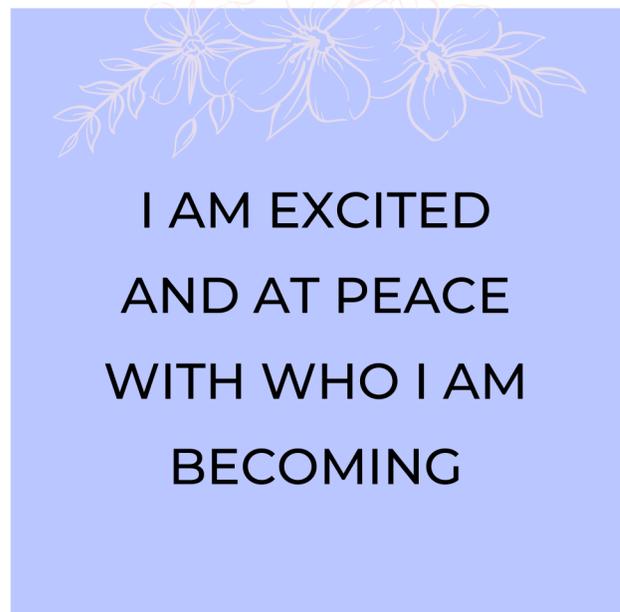
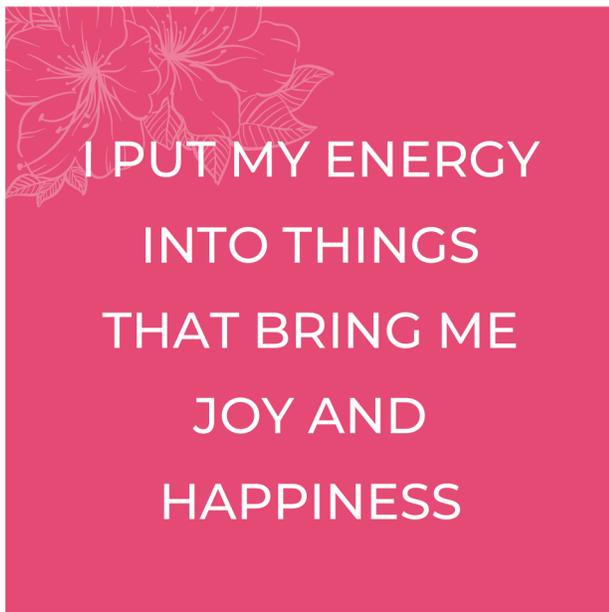


affirmation CARDS

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Add your own affirmations

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Fourth Month

PHYSICAL WELL BEING

Food cravings, choosing healthy and yummy foods

Food and smell aversions

Naps During Day and Sleep during nights

Any discomforts, and remedies used

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Fourth Month

NUTRITION

MEALS

PLANNER:

Breakfast



Lunch



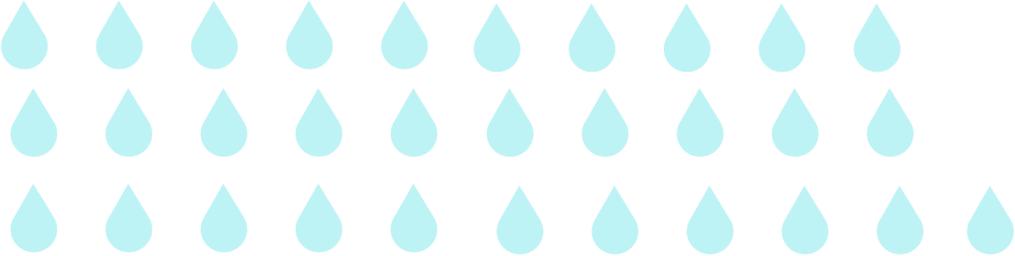
Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



TESTS DONE IN PREGNANCY:

Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



Fourth Month

EMOTIONAL WELL BEING



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I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP WITH CHORES, SO I COULD TAKE SOME TIME OUT FOR MYSELF?

MOOD:

1

2

3

4

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FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



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- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?



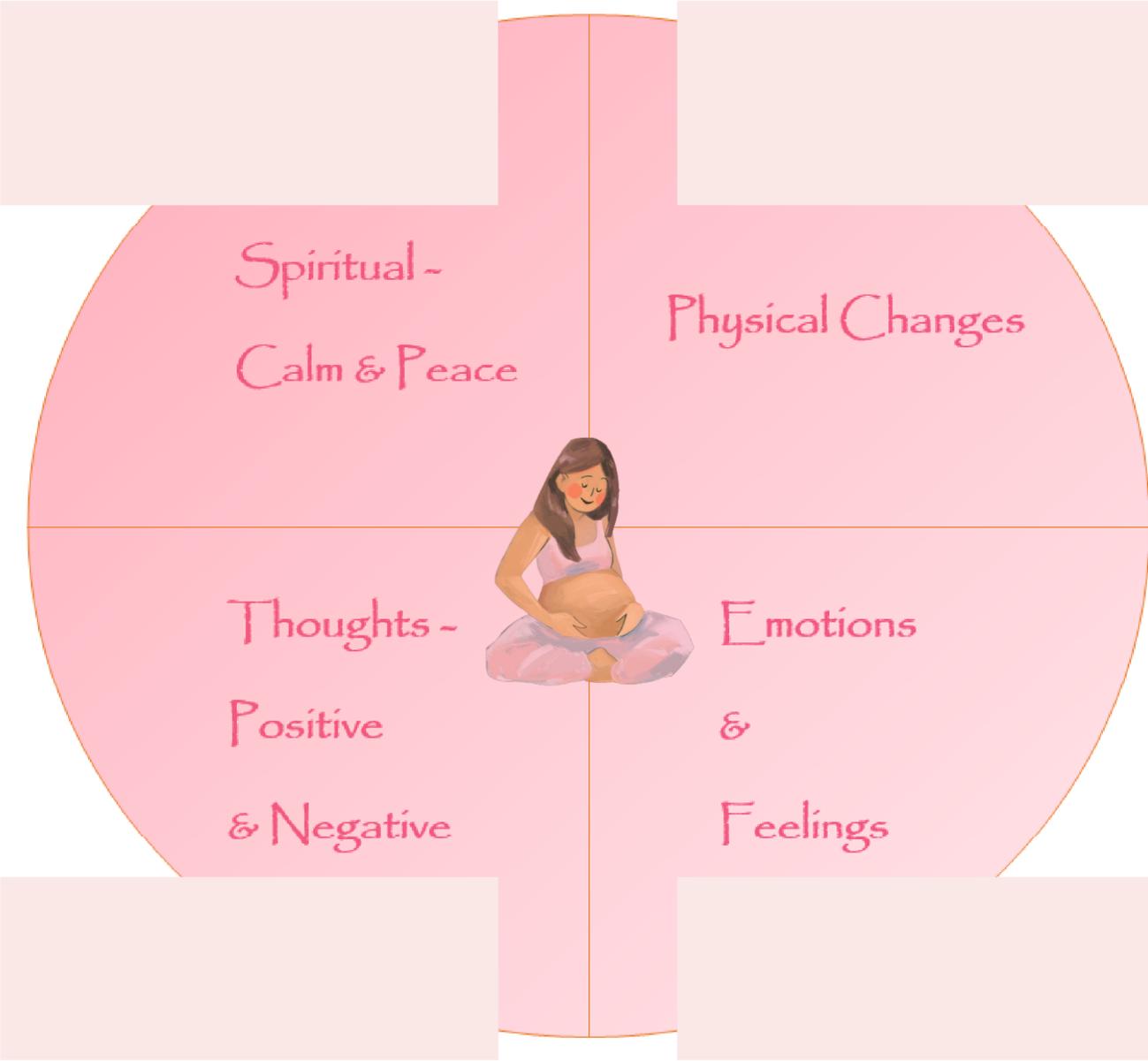
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Fourth Month

WELL
BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
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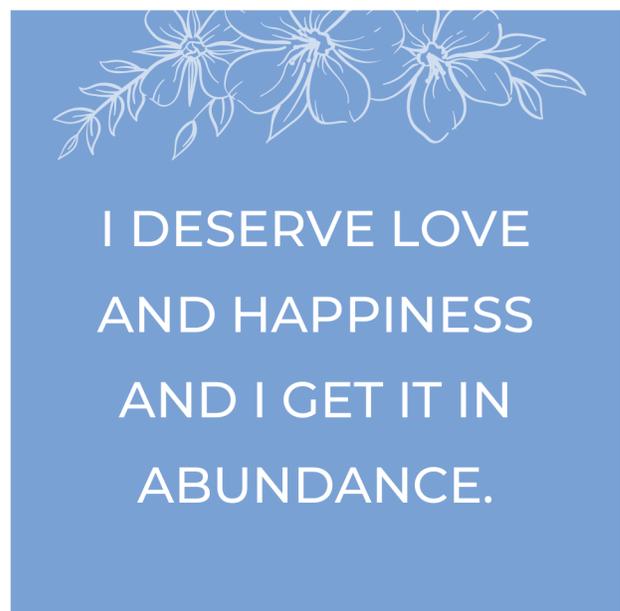
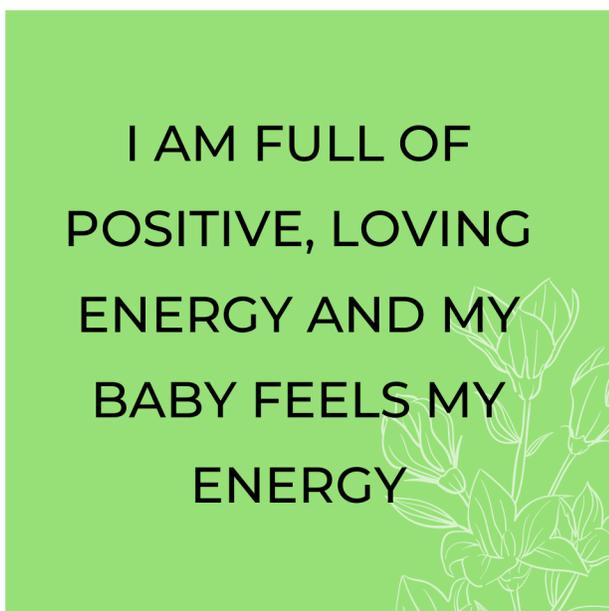
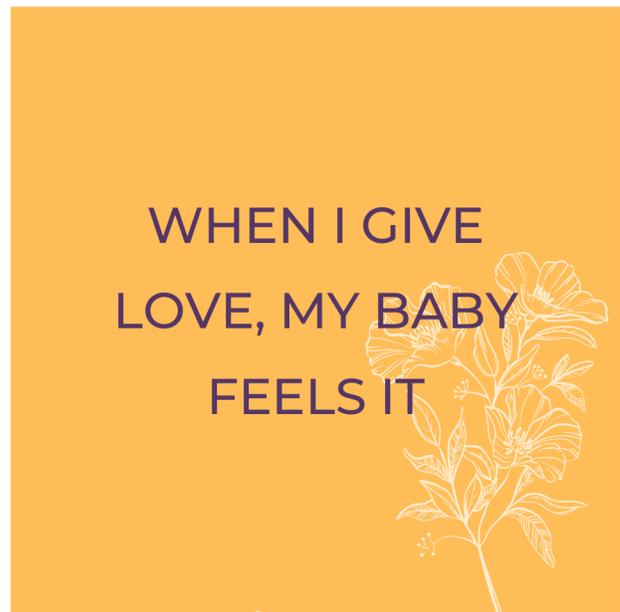


affirmation CARDS

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Add your own affirmations

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Food cravings, choosing healthy and yummy foods

Food and smell aversions

Naps During Day and Sleep during nights

Any discomforts, and remedies used

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Fifth Month

NUTRITION

MEALS

PLANNER:

Breakfast



Lunch



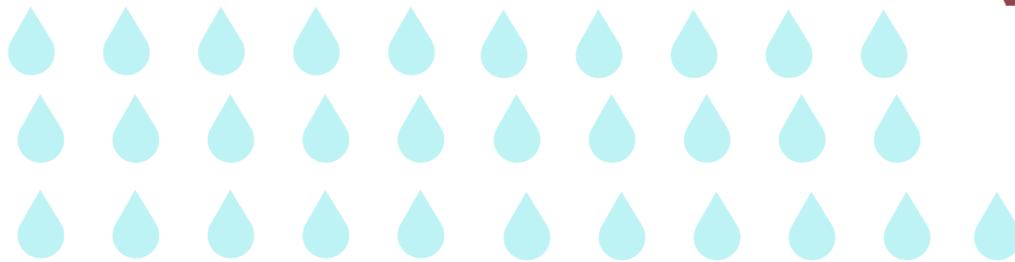
Dinner



Snack



WATER:



WHO	WHEN	WHERE
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Fifth Month

EMOTIONAL WELL BEING



A LETTER TO MY BABY

5 GOOD THINGS ABOUT MYSELF
OR MY SITUATION

I AM GRATEFUL FOR

I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP
WITH CHORES, SO I COULD TAKE
SOME TIME OUT FOR MYSELF?

MOOD:

1

2

3

4

5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



- Talk to a friend / family member
- Talk to a Professional
- Do some thing creative – like art
- Read a good book
- Go for a walk
- Visit places
- Visit friends
- Go out to eat
- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?



- Pray or meditate
- Listen to my Favorite Music Playlist
- Send good energy
- Send good thoughts to my baby
- Set time for a walk outside,
- Go outside in nature
- Enjoy fresh air
- Do prenatal yoga or stretch
- Breathing exercises
- Visualization exercises



Fifth Month

WELL BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
OR YOU COULD WRITE A WORD OR TWO TO DESCRIBE HOW YOU FEEL ABOUT IT
IN THE SPACE GIVEN IN THE SECTION



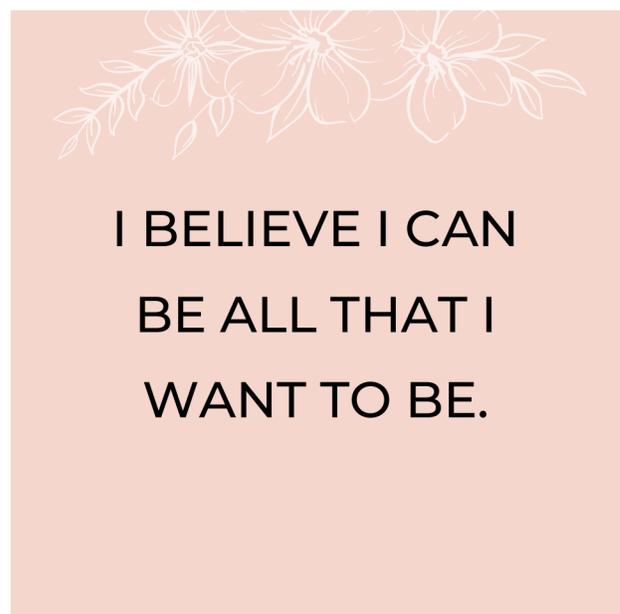
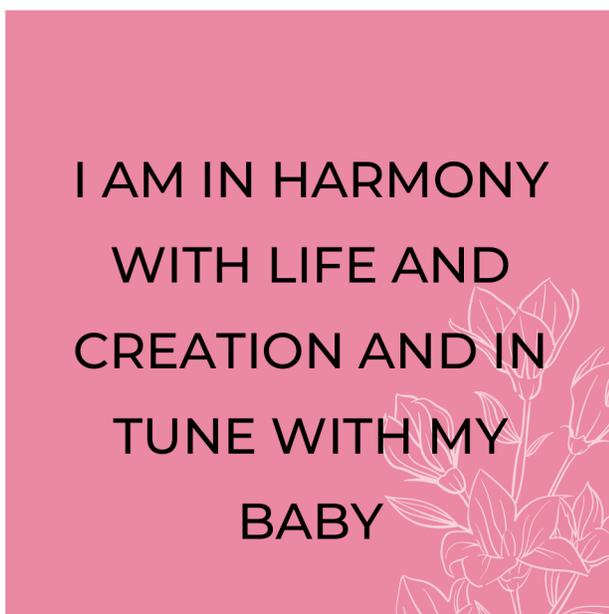
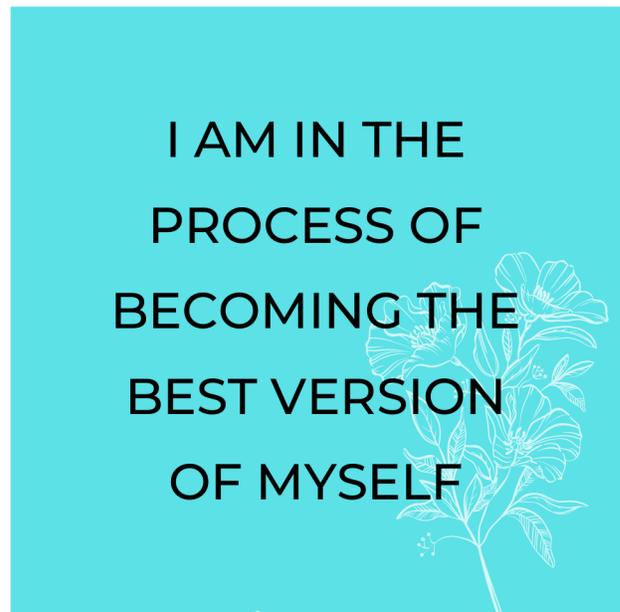


affirmation CARDS

63

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Add your own affirmations

64





Food cravings, choosing healthy and yummy foods

[Empty light pink rectangular box for notes]

Food and smell aversions

[Empty light blue rectangular box for notes]

Naps During Day and Sleep during nights

[Empty light pink rectangular box for notes]

Any discomforts, and remedies used

[Empty light blue rectangular box for notes]

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Sixth Month

NUTRITION

MEALS

PLANNER:

Breakfast



Lunch



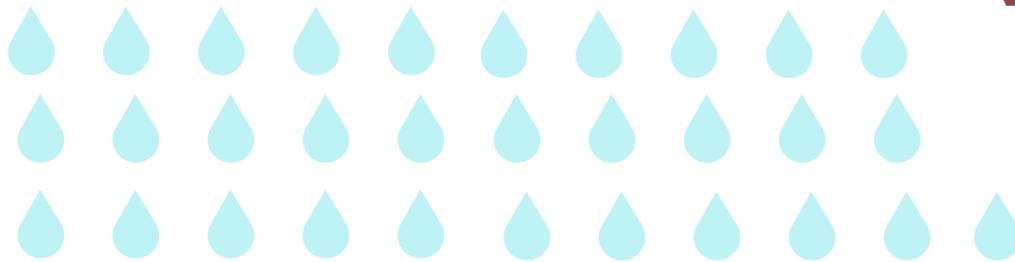
Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



TESTS DONE IN PREGNANCY:

Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



Sixth Month

EMOTIONAL WELL BEING



A LETTER TO MY BABY

5 GOOD THINGS ABOUT MYSELF
OR MY SITUATION

I AM GRATEFUL FOR

I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP
WITH CHORES, SO I COULD TAKE
SOME TIME OUT FOR MYSELF?

MOOD:

1

2

3

4

5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



- Talk to a friend / family member
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- Visit places
- Visit friends
- Go out to eat
- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?

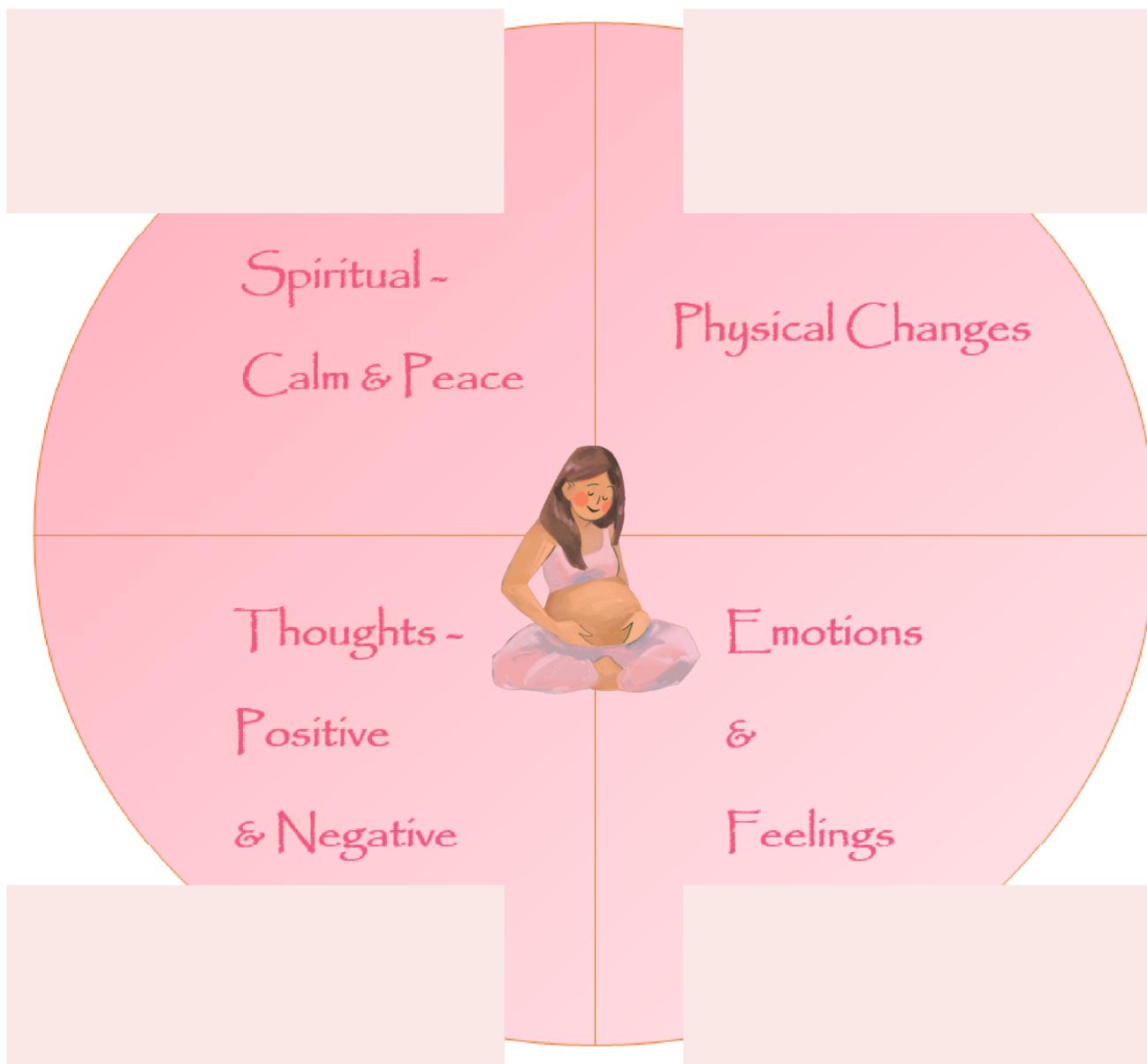


- Pray or meditate
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- Send good thoughts to my baby
- Set time for a walk outside,
- Go outside in nature
- Enjoy fresh air
- Do prenatal yoga or stretch
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- Visualization exercises



*Sixth Month*WELL
BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
OR YOU COULD WRITE A WORD OR TWO TO DESCRIBE HOW YOU FEEL ABOUT IT
IN THE SPACE GIVEN IN THE SECTION



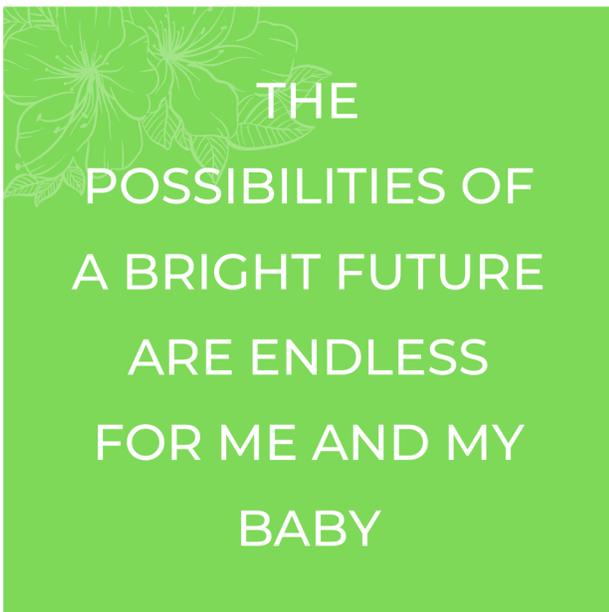


affirmation CARDS

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Add your own affirmations

72





Food cravings, choosing healthy and yummy foods

[Empty light pink rectangular box for notes]

Food and smell aversions

[Empty light blue rectangular box for notes]

Naps During Day and Sleep during nights

[Empty light pink rectangular box for notes]

Any discomforts, and remedies used

[Empty light blue rectangular box for notes]

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Seventh Month

NUTRITION

MEALS

PLANNER:

Breakfast



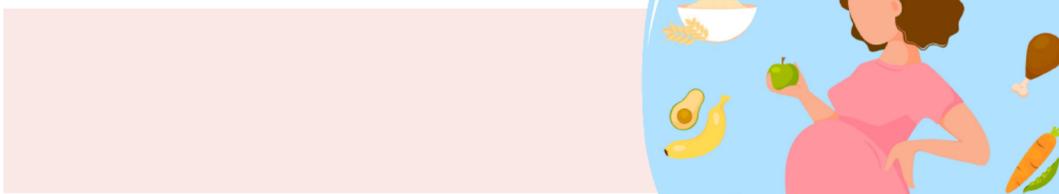
Lunch



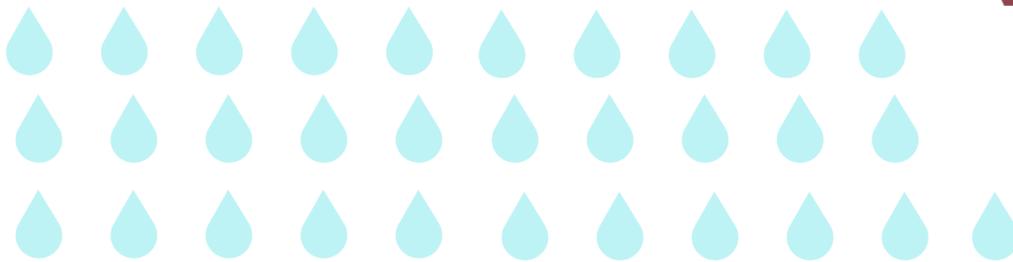
Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



TESTS DONE IN PREGNANCY:

Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



Seventh Month

EMOTIONAL WELL BEING



A LETTER TO MY BABY

5 GOOD THINGS ABOUT MYSELF
OR MY SITUATION

I AM GRATEFUL FOR

I FEEL SUPPORTED BY

WHO COULD I ASK FOR HELP
WITH CHORES, SO I COULD TAKE
SOME TIME OUT FOR MYSELF?

MOOD:

1 2 3 4 5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



- Talk to a friend / family member
- Talk to a Professional
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- Visit places
- Visit friends
- Go out to eat
- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?



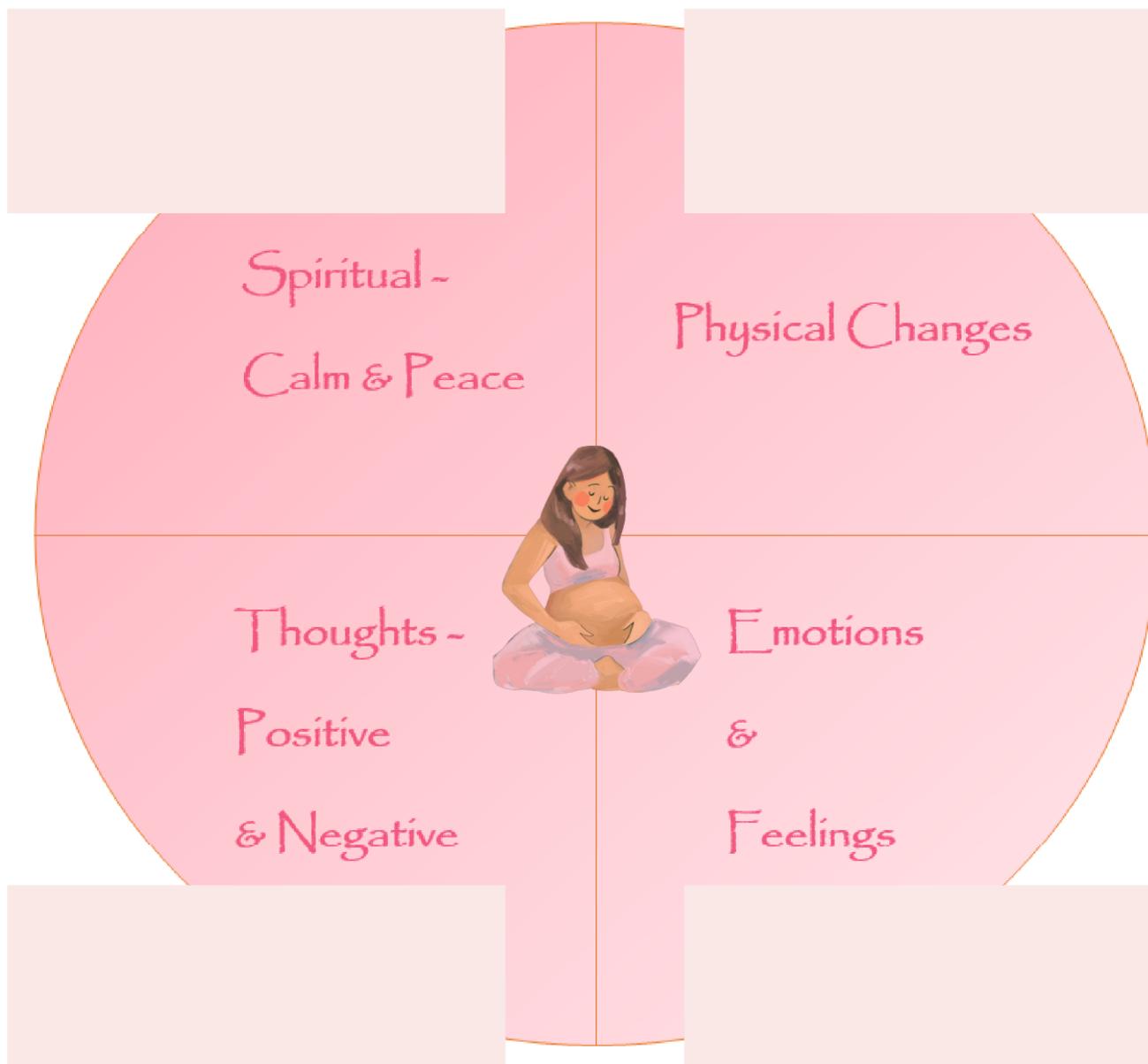
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- Visualization exercises



Seventh Month

WELL BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
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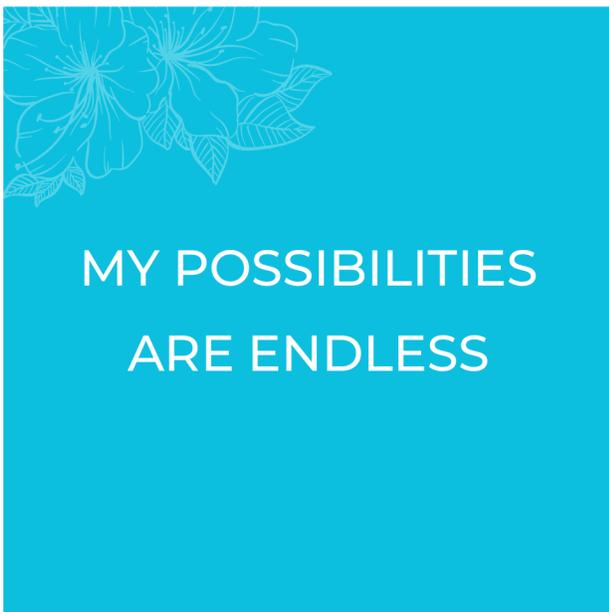


affirmation CARDS

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Add your own affirmations

80





Food cravings, choosing healthy and yummy foods

[Empty light pink rectangular box for notes]

Food and smell aversions

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Naps During Day and Sleep during nights

[Empty light pink rectangular box for notes]

Any discomforts, and remedies used

[Empty light blue rectangular box for notes]

Prenatal Vitamin and other supplements and medications (Y for YES, N for NO)

S M T W T F S



Eighth Month

NUTRITION

MEALS

PLANNER:

Breakfast



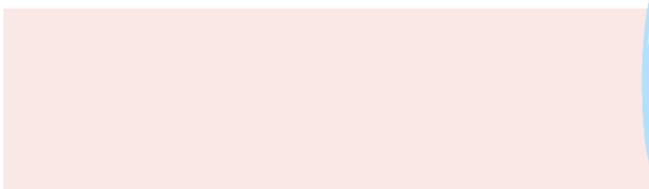
Lunch



Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



TESTS DONE IN PREGNANCY:

Name of the test	What is it for?	Optional/ required	Your decision to take the test (Y/N/unsure)



Eighth Month

EMOTIONAL WELL BEING



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OR MY SITUATION

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WHO COULD I ASK FOR HELP
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MOOD:

1

2

3

4

5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



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- Make my favorite food
- Celebrate ME
- Take a long, nice bath
- Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?

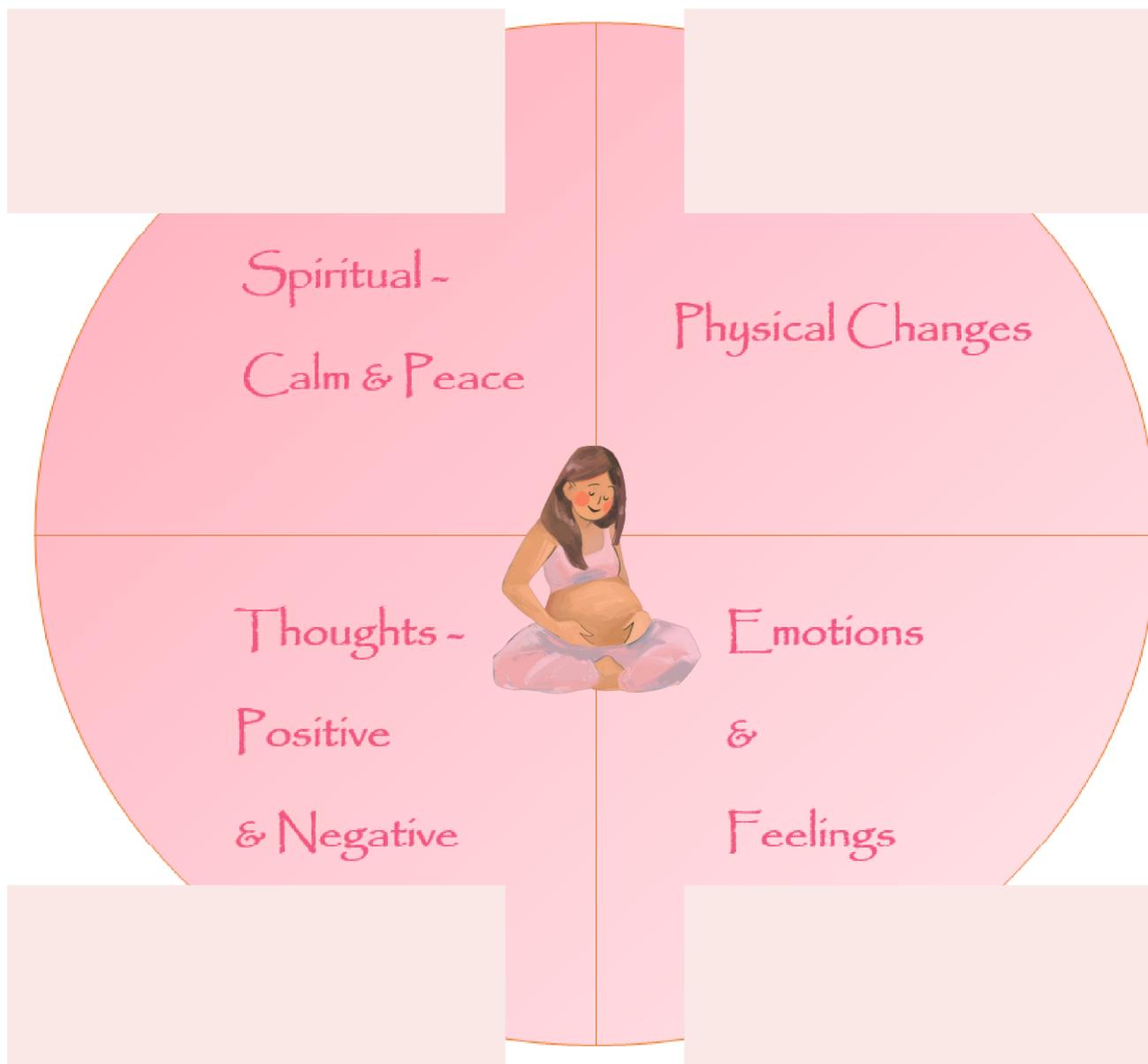


- Pray or meditate
- Listen to my Favorite Music Playlist
- Send good energy
- Send good thoughts to my baby
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- Go outside in nature
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- Visualization exercises



*Eighth Month*WELL
BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
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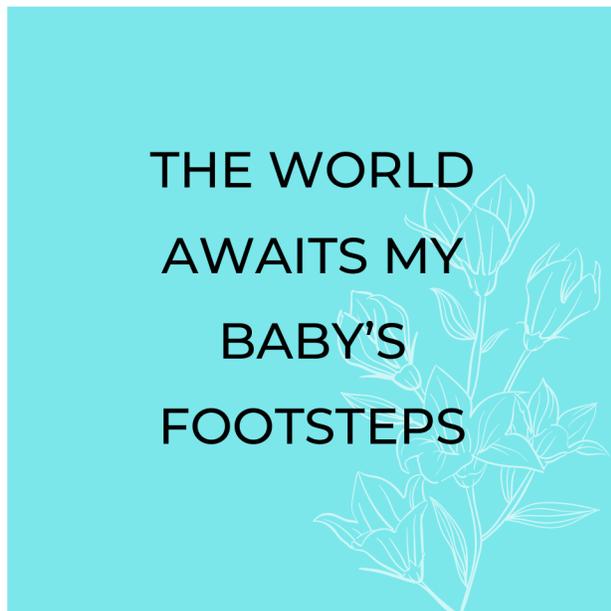
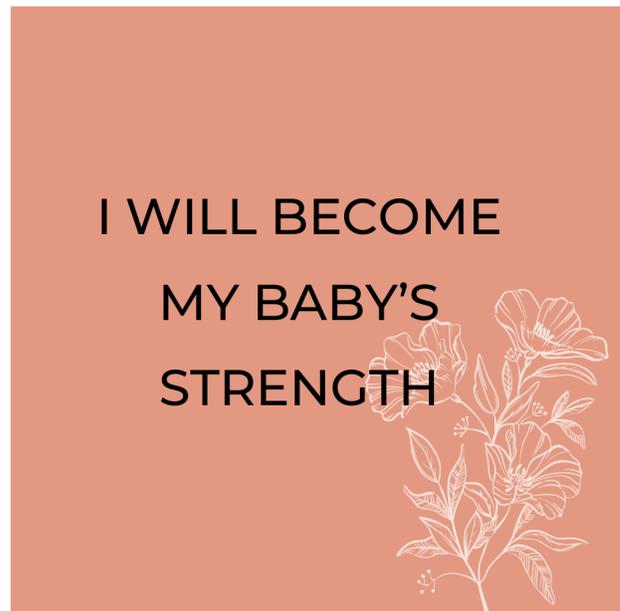
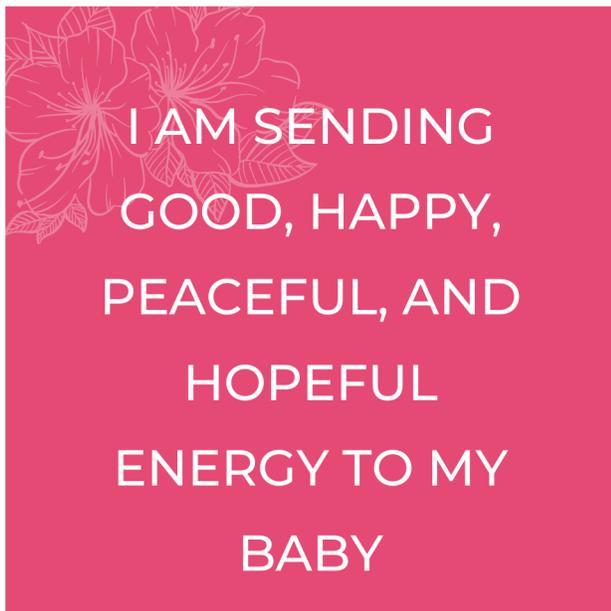




affirmation CARDS

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Add your own affirmations

88





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S M T W T F S



Ninth Month

NUTRITION

MEALS

PLANNER:

Breakfast



Lunch



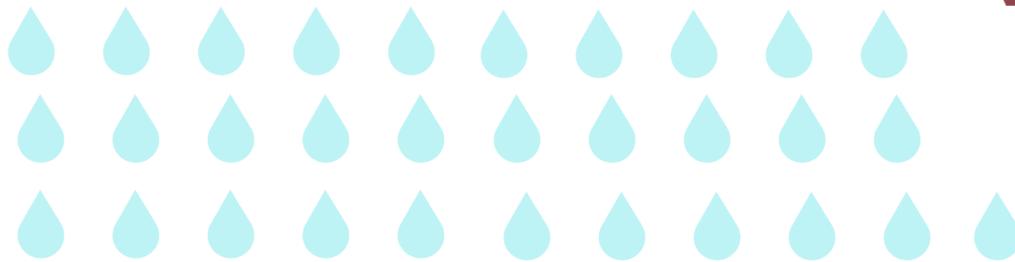
Dinner



Snack



WATER:



WHO	WHEN	WHERE
HOW WILL I GET THERE?	WHO WILL ACCOMPANY ME?	QUESTIONS TO ASK/ WHAT DO I NEED TO PREPARE?



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Ninth Month

EMOTIONAL WELL BEING



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MOOD:

1

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3

4

5

FEELING CRUMMY ABOUT

FEARS, WORRIES, SADNESS



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Go for a walk
Visit places
Visit friends
Go out to eat
Make my favorite food
Celebrate ME
Take a long, nice bath
Light some candles

PEACE OF MIND

MY CHOICE OF RELAXATION



WHAT HELPS ME TO STAY CALM?



Pray or meditate
Listen to my Favorite
Music Playlist
Send good energy
Send good thoughts
to my baby
Set time for a walk outside,
Go outside in nature
Enjoy fresh air
Do prenatal yoga or stretch
Breathing exercises
Visualization exercises



Ninth Month

WELL BEING

REVIEW THE 4 SECTIONS OF THE WHEEL. YOU COULD RATE THE SECTION FROM 1-10
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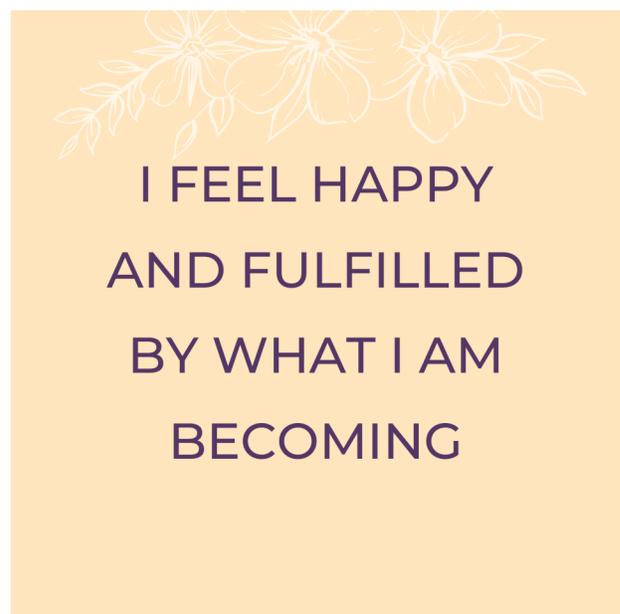
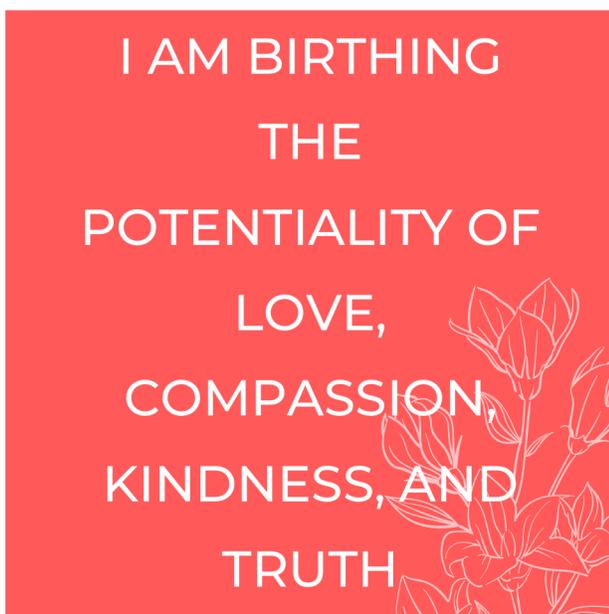
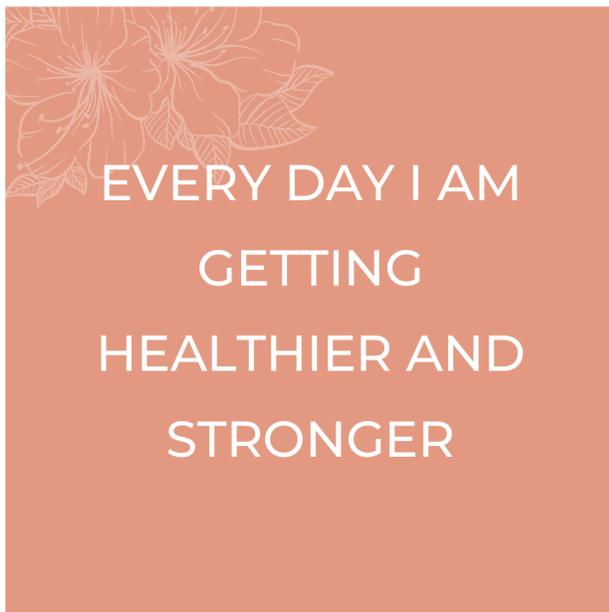




affirmation CARDS

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Add your own affirmations

96





Credits

Planner design - Q.M.Sami
 Planner template - Sagi Waldman
 Picture cover - womb in bloom picture - Envato
 Charactervectorart and kavoon
 Pregnant woman doing yoga relax exercises – image by Amanitisilvicora on freepik
 Free vector cartoon pregnant women illustration illustration – pikisuperstar on freepik
 Pregnant woman 1st trimester vector – Sables Kaya on AdobeStock
 Detailed midwives day illustration - pikisuperstar on freepik
 Grocery basket – macrovector on freepik
 Freevector flat family portrait – design by freepik
 Cell division cycle – brgfx on freepik
 How big is my baby? – sonulkaster on freepik
 Early pregnancy symptoms – artinspiring on Adobe stock
 Woman in pink looking at pregnant belly – moondance on pixabay
 Cool baby – catalyststuff on freepik
 Stethoscope – katemangostar on freepik
 Handdrawn illustration of breastfeeding mom- design by freepik
 Milk bottles and pump – design by freepik
 Free vector hand drawn childbirth scenes - pikisuperstar on freepik
 Free vector pregnancy stages illustrations - design by freepik
 Free vector pregnancy stages- design by freepik
 Cartoon pregnant women in a row - pikisuperstar on freepik
 Nutrition of pregnant woman food for pregnant woman diet during pregnancy vector illustration
 Romkat2008 on freepik
 Pregnant. Fetus in heart icon <https://www.freepik.com/author/flaticon>
 colorful yoga poses Designed by macrovector on Freepik
 Mom accessories set, nursery, diaper bag, daily woman backpack, mommy nappy backpack. baby changing -dashanikishchenko on freepik
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chapter with 3
sessions

19 videos of
real life
examples

Cheat Sheets
Tips and
Reminders

9 chapters

35 video
sessions

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Course

CURRICULUM

New Bonus Chapter : Pregnancy Week by Week

1st Trimester - Weeks 1-12

2nd trimester - Weeks 13-27

3rd trimester - Weeks 28-42

Chapter 1: Planning my Child's Birth -

Where do you want to give birth?

Who is on your Birth Team?

Asking Why? Why do I need this Procedure or Intervention?.

Chapter 2: What do I need to know to have a Healthy pregnancy?

Exercise, Nutrition, What to Avoid, and Emotional Changes during Pregnancy. What are the Discomforts of pregnancy and how do i deal with them?

Chapter 3: When labor and birth happen, how do I deal with it?

Pre-labor

Early-Labor

Active-Labor

Labor-Transition Stage

Labor-Second Stage

Labor-Third Stage

Chapter 4 : When I have labor pains, How do I manage the Pain?

Dealing with Labor Pain

Coping techniques: Breathing

Coping With pain: Comfort Measures

Summary of Comfort Measures

Chapter 5: What If I need Labor Interventions?

Pain Medications

Epidural and Spinal Block

Fetal Monitor and Catheters

Induction, Episiotomy, and Assisted Vaginal Delivery by Forceps and Vacuum.

Chapter 6: What if I need to have a Cesarean Birth?

Reasons for Cesarean
Preparation for Cesarean Birth
Care after Cesarean

Chapter 7: After Birth, What Next? Caring for Yourself.

Caring for yourself
Dealing with Postpartum Blues, Postpartum Depression, and/or
Psychosis

Chapter 8: After Birth what next? Newborn Care.

Newborn Care - Skin to Skin, Appearance
Newborn - Hospital Procedures
Newborn Screenings
Jaundice
Sudden Infant Death Syndrome SIDS and SUIDs, Shaken Baby
syndrome SBS, and Tips for Safe Sleep
Baby Care - Helping Baby to Sleep, Diapering, Bathing,
Immunizations and Car seats

Chapter 9 : How to Breastfeed?

How is Mother's Milk Produced?
How to help Latch the Baby On to the Breast Correctly and
Naturally?
How to Burp the baby, What is Cluster feeding, and More breast
feeding Techniques. What If I need to Bottle Feed?

Chapter 10: Cheat sheets, Reminders, tips (Downloadable PDFs)

Humsa Prenatals-Foods and Exercise
Humsa Prenatals- Stages of labor
Humsa Prenatals Birth Plan
Humsa Prenatals- Feedings and Diapers
Humsa Prenatals - Important Links

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- NOW FOR \$165 USD

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FOR ONLY
\$165



This course provides information from the very beginning to the very end, and beyond. What to expect from the moment you get pregnant to the labour and beyond. It is very clear and to the point and provides different options available at different stages of the pregnancy. There are so many courses out there, and my partner and I are so happy and grateful, as this one includes all in one – all we needed to know – what to expect and what decisions to make, as we are first time parents. Thank you so much for all the valuable information. Your work is serving many of us!

– Dijana & Doruk, Toronto



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**WHAT ARE YOU
WAITING FOR?**



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Enrolment

OPTIONS

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ONE TIME



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- ✓ [1st trimester.](#)
- ✓ [2nd trimester](#)
- ✓ [3rd trimester](#)

\$9.99 USD

- ✓ [Your week by week pregnancy companion - womb in bloom - ebook](#)

- ✓ Pregnancy
- ✓ 1st trimester
- ✓ 2nd trimester
- ✓ 3rd trimester
- ✓ Stages of labor
- ✓ Pain relief options
- ✓ Labor and delivery interventions
- ✓ Cesarean section
- ✓ Newborn Care
- ✓ Breastfeeding basics
- ✓ Gestational diabetes

\$5.99 - \$75

- ✓ [Stages of labor](#)
- ✓ [.Pain relief options](#)
- ✓ [Labor and delivery interventions](#)
- ✓ [Cesarean section.](#)
- ✓ [Newborn Care](#)
- [Breastfeeding basics](#)
- ✓ [Gestational diabetes](#)

Features of the

ALL-IN-ONE COURSE



1
12
Months
Access

2
Cheat
Sheets,
Tips and,
Reminders

3
38
Video
Sessions

4
BONUS!
Pregnancy -
week by week

5
19
videos of
real life
examples

6
1
Free Chapter
with 3
sessions

What you will have...

All information in one place

Brought by a childbirth educator backed by many satisfied moms.

Self-paced – so you can take your time to go through the sessions.

Everything is concise and to the point, with real examples and videos explaining all the procedures simply and non-overwhelmingly.

HUMSA PRENATALS

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quick
reference book to
keep by your
pillow side during
your pregnancy...

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Now for \$9.99 USD





*Praise for the
Self paced, Online All-in-one Pregnancy,
Labor, Delivery, Newborn Care and
Breastfeeding Prenatal Course*



by Q.M.Sami 



"I loved this course. It's fantastic: -It has a step by step guide to pregnancy. Every section has a ton of information and none of it is dumbed down or sugar-coated. There's no cutesy language in this course. I love how real this course is. It is definitely an information overload and I love that. It feels worth it to read! I learned so much and I'm looking forward to apply those knowledge with my born! I honestly can't say enough good things about this course. It helped me overcome a lot of fears about becoming a first time mom. Everything from the start to checklists are really perfection! This is an amazing baby shower gift and THE best companion for any expecting parents who want to feel confident and prepared in their pregnancy and parenting journey. Thanks Q.M. Sami"

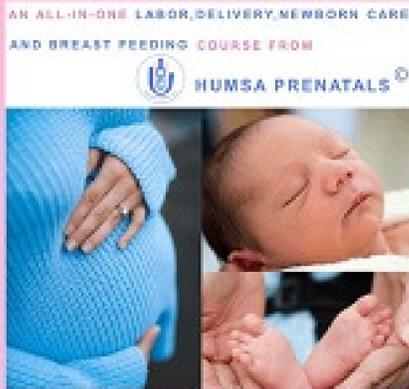
Ruksana Fathima - India



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Bringing you Strength and Gentleness



HUMSA PRENATALS

LET'S STAY IN TOUCH

Contact:

Q.M.Sami

<https://humsaprenatals.com/contact/>

Humsa Prenatals

Toronto, Ontario, Canada

humsaprenatals.com

Thank you



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Online Prenatal Classes

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Facebook, Twitter, Instagram, LinkedIn, YouTube

Bringing you Strength and Gentleness

Q.M.Sami

B.Ed. PNSW, DSW,
Childbirth Educator

humsaprenatals.com



*Praise for the
Self paced, Online All-in-one Pregnancy,
Labor, Delivery, Newborn Care and
Breastfeeding Prenatal Course
by Q.M.Sami* 



"With all the free materials out there on YouTube, I was still struggling with finding the right content that would help me with my pregnancy journey. Right from the start, this course has kept me engaged and I got to learn so much from Miss Sami. Each lecture dwells deep into having a healthy pregnancy, the stages of labor and what to expect during that time, coping with pain, insights about epidural and pain medications, and taking care of ourselves. Not only that, Miss Sami even talks about dealing with postpartum depression and this is very important for a mother's mental health! This course gave me even more information about newborn care, from the hospital procedures to newborn screenings to help with baby sleep, baby's immunization, and even feeding techniques. I couldn't have asked for a better course on pregnancy, labor, and newborn care. Miss Sami is an extraordinary lecturer! Her soothing and calm tone made me want to spend more time listening to her lectures. I will highly recommend this course to all the new moms out there. If it's your first time and you want to know what to expect while expecting, look no further, Q.M. Sami's course is your pregnancy bible. This will truly be a great help for moms-to-be!"

-Sameen Munir, Qatar

