

## 10. This is how I'm feeling at the moment...

Write down any concerns or worries you have, and talk to your friends, family, midwife, GP or doctor.

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## 11. Getting to know your baby during pregnancy helps to build strong parental relationships and will also help with your emotional wellbeing. You can try...

- ☐ talking, singing or playing music to your unborn baby
- ☐ gently massaging your bump
- ☐ pregnancy yoga and/or hypnobirthing
- ☐ using an app to track your baby's growth and development
- ☐ reading UNICEF's 'building a happy baby guide'

Doing these simple things regularly is known to release a hormone called oxytocin, a hormone which can help your baby's brain to develop and makes you feel good.

**My thoughts, feelings and questions:**

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## 12. I am aware of things I can do to enhance my emotional wellbeing...

- taking regular gentle exercise, such as pregnancy yoga, walking or swimming
- ensuring I eat well
- trying relaxation techniques, listening to music, meditation or breathing exercises
- taking time for myself, somewhere I can relax
- talking to someone I trust – friend, family, midwife, GP or doctor
- asking for practical help with household chores or other children

**My thoughts, feelings and questions:**

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