

Schedule for the week

For your pregnancy

Monday

Massage your bump



Take a bump selfie



Write a list of baby names



Tuesday

Try our bump challenge



Go for a gentle walk



Do a bit of nesting



Wednesday

Stretch your upper body



Make a scrap book



Chat about your worries



Thursday

Stretch your lower body



Chat to your bump



Play music to bump



Friday

Mindful meditation



Make baby a video message



Take some time for you

