

Easy Program Steps



PHOTO: ALAN LEMIRE

Each week you can...

1. Look forward to what's in store for you and your baby for the week.
2. Learn something new about your developing baby.
3. See a sonogram of babies at your child's stage and visualize what your baby may look like.
4. Understand your continuing role in nurturing your unborn child and helping your baby grow.
5. Learn what other new families have done to bond with their unborn children.
6. Take a daily Quiet Time breather and listen to soothing music to release stress.
7. Do a coach-guided exercise that will help you gain self-awareness and feel closer to your new baby each day.