

Mothers and Midwives Nurturing and Caring Campaign

in partnership with  AMERICAN COLLEGE
of NURSE-MIDWIVES



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What is it?

A program to help all women better handle their pregnancies, foster baby's healthy development and prepare for parenthood.



Why do I need it?

Your midwife believes that a mom-to-be should take an active role in her pregnancy, learn how to relax and enjoy this special time and begin the process of bonding with her baby.



How do I participate?

We recommend that you take up a daily practice of stress-reduction, get involved in your baby's development and reach out to him **before** he is born. To help new moms, the American College of Nurse-Midwives is offering the *Nurturing Baby and Me During Pregnancy* Program—an excellent tool to help you go with the flow of your pregnancy.



How does it work?

The program starts with a colorful, easy-to-follow guidebook that teaches you about each stage of your baby's development and how to provide a good womb environment right through labor and birth. The program continues with a series of simple week-by-week exercises and activities that support and ease you

through your pregnancy. It features a pregnancy coach on audio CD who gently guides you through the exercises each step of the way.

How will the Program help me?

- ♥ get in touch with your new self and your growing baby
- ♥ ease your mind and let go of daily worries
- ♥ foster baby's healthy development and early bonds
- ♥ build inner strength and confidence
- ♥ soothe both you and baby with music
—right through labor and birth.

How do I find out more?

Visit the American College of Nurse-Midwives web site (www.midwife.org) and click on the Nurturing Baby and Me During Pregnancy button. From there you can read more about the Program, look inside the book, try a sample exercise, listen to the soothing music and order it at a special discount price of \$14.95 (+S&H).

How will I help others?

When you order the Program for you and your baby, the publisher will be donating another copy of the program to your midwife who will provide it to a mom in need.

