



Session 1

What is Connecting Pregnancy?

Getting to know each other

Healthy lifestyle for you and your growing baby

Today's discussion

Learning about group care and confidentiality

Skills for self-care (urine dip, weight, blood pressure, gestational age)

Your growing baby

Lifestyle choices – physical exercise and healthy weight gain in pregnancy, sharing healthy eating tips

Baby's Best Chance

Nutrition pp36-43

Fetal development pp26-30

Notes: