



connecting
pregnancy

Session 2

Dealing with common discomforts in pregnancy

Setting goals for a healthy and enjoyable pregnancy

Discussing post-partum depression and preterm labour

Today's discussion

Review self-care skills

Common problems in pregnancy: Why they occur and what might help

What is a doula, should I get one?

Setting goals for my pregnancy/my partner's pregnancy

Learning about post-partum depression and preterm labour

Baby's Best chance

Common Discomforts pp20-25

Physiotherapy pp44-47

Homework: Complete Edinburgh Postnatal Depression Scale

Notes: