

- Establish **good sleep** conditions and patterns for at least 7 hours of sleep each night.
- Eat a diet high in **vegetables, fruit, proteins**, and coconut and/or olive **oils**.
- Ensure adequate **Omega-3** fatty acid intake.
- Take a **prenatal vitamin** and **DHA** supplement.
- **Engage with other** expecting **moms**.
- Consider preparing for childbirth through a new **mom group** to review the following:
 - Baby Care
 - Soothing Babies
 - Breast Feeding Support
- **Be intentionally positive:**
 - Focusing on **positive feelings** toward others and being a mom
 - Performing acts of **kindness**
 - Expressing **gratitude**
- Try **meditation**.
- Consider **acupuncture**.



2020
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**If you have medical or emotional health concerns, seek help.
Ask your doctor for a referral to a specialist
in pregnancy-related depression and anxiety or call
Postpartum Support International at 1.800.944.4773**