

7 THINGS TO DO AFTER GETTING THE GOOD NEWS



Your test results just came in-

Hurray, you're expecting! Congrats, mummy! Celebrations are in order but let's not forget to get all our ducks in a row. There is still time before the baby comes, which means plenty of time to prepare.

HERE'S WHAT YOU SHOULD DO BEFORE THE DUE DATE COMES:

VISIT A DOCTOR

(confirm your results and get your estimated due date)

CELEBRATE

(plan a special date with your partner, just the two of you)

RESEARCH

(pregnancy do's and don'ts, hidden dangers, etc)

PLAN YOUR PREGNANCY BUDGET

(and start saving)

REMOVE HAZARDS IN THE HOME

TALK TO YOUR EMPLOYER ABOUT WORK SAFETY

PLAN YOUR MATERNITY LEAVE

