

CONCLUSION

MODULE 2

Pregnancy is a time of change and it is normal to have questions.

Each pregnancy is different. Many mothers worry about the discomfort they feel. Others worry about the lack of discomfort. If you have questions about what is happening, talk to your health care provider or a public health nurse.

Watching your body change as your baby develops can be very exciting. Eating healthy and remaining active will help prevent or alleviate most discomfort. You will be able to fully enjoy your pregnancy.

