

BELLY JOYS

WAYS TO ENJOY YOUR PREGNANCY

PART 1 OF 3



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HERE IT BEGINS



Learning you're pregnant is just like learning you've won the lottery. Woohoo! I know you want to tell the whole world and are just extremely excited to kickstart this new phase of life.

But we do know for a fact that when people will learn about your pregnancy, they wouldn't miss a single chance to share their experiences with you. And mind it, bad experiences mostly!

You see, they don't call all those boring, stressing, and over exaggerated stories as "The Old Wives Tales" for nothing. People would always tell you how pregnancy will bring fatigue, nausea, constipation, as well as swollen hands and feet. They would also talk about the emotional hardship they faced and the enduring impact it had on their life along with the physical discomforts.

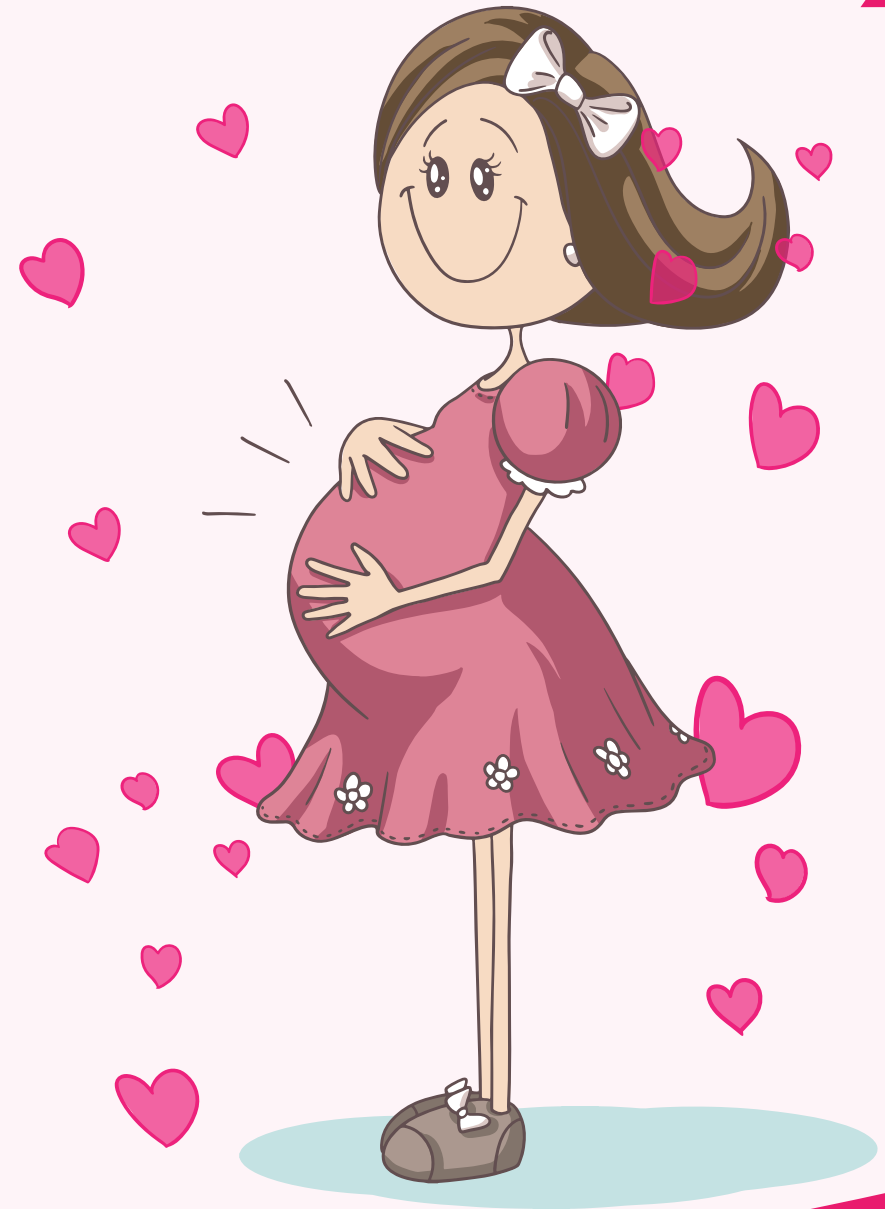


“A mind in its own place, and in itself,
can make heaven of hell,
hell of heaven.”

~ John Milton ~

If you cast aside the negativity and think of the endless joy and happiness your pregnancy will bring to you and your family, you can actually make it a fun-filled journey.

So why always talk about the annoyance during pregnancy? Let's talk about ways your pregnancy could become fun!



ANNOUNCE YOUR BABY

Let's start right from the top. Right from when you heard you're pregnant.

Baby birth announcement does not have to be boring or complicated. Check out these ideas to see how to enjoy the process thoroughly!



CREATIVE WAYS TO REVEAL PREGNANCY



1. MOVIE POSTER

If you know the basics of designing, creating a movie release poster could be a great idea to announce your pregnancy. Write the expected due date and name the company on your and your significant one's last names. Invite friends and family and let them see the poster for themselves. Cute, creative and absolutely fun!





2. MUG SHOTS

Your little one will very well be your partner in crime. Well why not share the news through actually staging a mugshot? This could be a very fun way to reveal you have a baby coming your way!

3. EXPIRATION DATE

If you have already have a child you can easily use them to announce your pregnancy. Simply take out an old shirt and and paint over it. "Only Child - Expiring Date". The expiry date is the due date of the new child. Wherever the child goes, the pregnancy will be announced.

ANNOUNCE AN ONLY CHILD EXPIRATION DATE



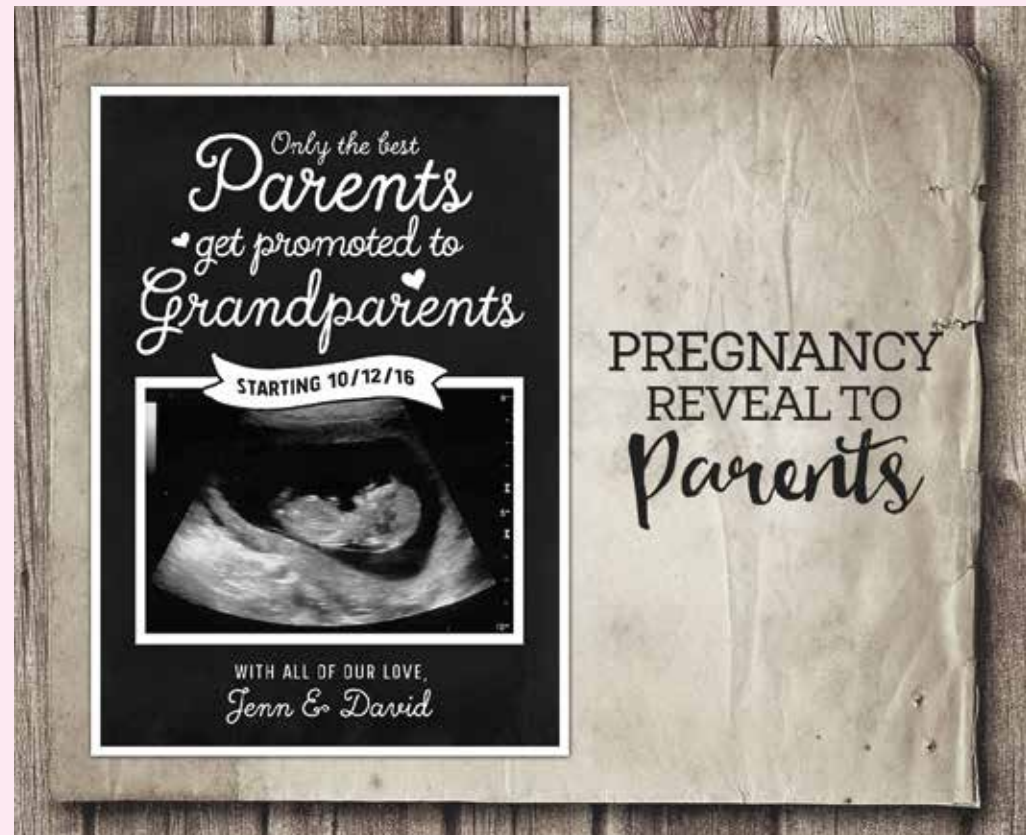


4. LEAVE OUT BABY STUFF

Leave out baby stuff on the couch. It could be toys, clothes, a baby book or even a bootie. That's all that will be enough to give away the big announcement.

5. ANNOUNCEMENT CARD

Put a tagine, a meme or a picture on the card and send it to all the relatives you wish to share the news with. Trust us, it'll be an amazing surprise!



6. TRY SENDING OUT A HIDDEN MESSAGE

You could write a poem:

“Ten little fingers, ten little toes.
With love and grace, our family grows”

This could go out with an invitation card to your announcement lunch or dinner.

You could even send out pictures with the hints like:

“More Laundry Expected”

or

“Bump Ahead”



7. INVITE FRIENDS AND FAMILY FOR AN ANNOUNCEMENT PARTY

You can call up friends and family for a little get together and surprise them.



8. MAKE A CASUAL ANNOUNCEMENT

Keeping it all casual, you could simply put up a facebook status. But Oh Oh! The social media brigade is always looking for ways to either hype up something or totally kill the vibe. So always weigh your options before deciding on how exactly to let everyone know about your pregnancy.



9. GO TRADITIONAL

Actually, you could even wait up for a month or two and then announce your pregnancy at a Baby Shower Bash!!! That's how most people break the news.

Here's what you could do prior to a baby shower:

- **Plan a baby shower**
- **Hire an event planner or take charge yourself**
- **Call all the excited aunts to be to get started with the DIY baby shower project**
- **Make a list of guests**
- **Send out invites and make sure you add an element of curiosity - "Every good and perfect gift is from above"**



PLAN THE BABY SHOWER

Planning a baby shower is one of the most fun things to do! A baby shower is typically hosted around the 32nd week, nearing the time of labor. Don't wait till the 39th week to have the shower though, after all you never know when the delivery might kick in! You may begin planning the shower well ahead of your time, think of all the things you want, the decor, food and even your clothes.



This could go out with an invitation card to your announcement lunch or dinner.

Things To-Do		Notes	Status
Two months to go	Set a budget		
	Select a theme		
	Find a venue		
	Plan & finalize the guest list		
	Order decorations		
	Order supplies for goody bags		
	Book the caterer		
	Plan the menu		
	Review budget		
	Price & order floral arrangements		
	Address invitations		
	Mail invitations		
	Decide on entertainment		

	Plan your wardrobe		
1 month to go	Organise RSVPs		
	Buy the baby gift		
3 weeks to go	Plan games and prizes		
	Put together gift bags		
	Order extra seating if necessary		
2 weeks to go	Call on RSVPs		
	Confirm venue		
	Confirm caterer		
1 week to go	Prepare dishes as promised		
	Buy batteries & charge the camera		
	Write out thank you cards for gifts received		
	Have a spa day!		

BABY SHOWER IDEAS

Hey mommy! So you came for some inspiration, and plenty we have gotten

ZOO THEMED



STAR THEMED



POLKA DOT THEMED



PINK FLAMINGO



UNISEX THEME



CLOUDS AND STARS



GAMES TO PLAY



1. GUESS THE BABY FOOD

Never had baby food? Worry not! This fun party game will have you up in fun! Simply buy 4-5 baby foods (in different flavors), have a baby food tasting bar and see if you can guess the exact food



2. BIRTHING BABY

Why shall the mommy do the birthing alone? Just kidding, your guests do not have to give birth to a baby! In this ice-melter game, tiny plastic babies are frozen in an ice cube. When the guests arrive, each is given a glass of water with the baby cube in them. Ice cubes begin to melt, and the baby is closer to pop. Whoever has a baby first, wins!



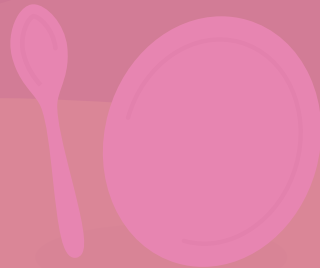
3. BABY BINGO

The ol' good BINGO with a twist of a tiny baby. Check out these templates to play baby BINGO!



2. NURSERY RHYME TRIVIA

Let your inner child groove to the melody as you try guessing the old macdonald had a farm to twinkle twinkle little star.



2. DON'T CALL ME BABY

Oh yes, too soon to call the baby. In this fun game, hand out pins to all your guests as they walk in and forbid them to say the word “baby”. If a guest slips (and says the word baby), another friend or family who notices can take their pin. At the end of the evening, guest with most pins wins!



DATING TWO!!!!



Who said having some fun is not for mothers to be? Planning a fun date with your partner or in case you are a single mom to be, going on a blind date won't hurt.

And to top it all, this won't even be like your usual date. Your date will not only get to spend time with you but the mini you in your belly as well.

Don't think pregnancy means an end to romance. It's actually just the beginning. And in case you didn't know, romance is very important during pregnancy. After all, that bun won't be in the oven forever. So take advantage of this time and try one of these creative date ideas:



1. PICNIC UNDER THE STARS

Download an app, like StarTracker or Sky Walk, to help you identify constellations. Then, pack some snacks and a blanket, and head out past the city limits to an area with open sky.



2. BOOK A COUPLE'S MASSAGE

Carrying around extra weight, tying up loose ends at work, feeling anxious about giving birth - you're under a lot of stress right now, and chances are your partner is feeling it, too. Make an appointment for some much need relaxation and say, spa-ah!



3. GO OUT JUST FOR DESSERT

Get dressed up, have your main meal at home, then head to a fancy spot for something sweet. It will still feel like a full night out, and the bill won't eat into your future diaper budget.

4. CATCH A LIVE SHOW

Check out a dramatic production at your community theater or laugh yourself silly at the local comedy club.

5. BOARD GAME NIGHT

Have a stash of board games lying around? Pull them out and get competitive! You can stick to two player games, or you can invite another couple over for a game night. If you don't already have games, thrift stores have many options for only a few dollars a piece.

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Joys In A Few Days.



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