



THIRD TRIMESTER

It's never too late to start nourishing yourself and the life you're growing!

I can help support and empower you to **stay strong, confident**, and be as **prepared** for your big day as possible!

Visit my site for full details!



HEALTHY MOMS CREATE
HEALTHY BABIES.

Prenatal & Postnatal
corrective fitness & yoga classes
women's health coaching programs

CONTACT ME

312-348-6283

info@cocooncare.com

www.cocooncare.com



@cocooncarewellness



@cocooncare

THIRD TRIMESTER ESSENTIALS 28-42:

Continue your prenatal fitness program or start one! Try walking, swimming, prenatal yoga or fitness training.

Refocus or focus on prenatal nutrition It's never too late!

Keep up or start getting adequate rest! (Naps may be in needed at this point if sleep is uncomfortable.)

Staying hydrated even though the urge to pee is more.

Breathe. Take 5 minutes each day to check in to what you and baby need.

Create a birth vision.

Wrap up your birth, CPR, breastfeeding, infant sleep classes.

Prepare for postnatal needs/support: food preparation, help with baby, breastfeeding, and home chores (family, friends, postpartum doula).

Hospital bag ready to go with birth essentials.

Pick a pediatrician.

Feeling overwhelmed? Reach out to our women's health coach for support.

