



Advices for pregnant mothers

- Decide to get information from news channels at specific times and only a few times a day (1 or 2), do not overexpose yourself to images and videos that bring alarming news and if possible search only official sources: it is important that you and your baby live this moment as serenely as possible.

- Turn the period of isolation into a moment of care and contact with your child. In this period, you can find opportunities to take care of yourself and it can be a chance to try breathing and relaxation exercises. **Positive emotions nourish your baby.**

- don't isolate yourself, even if you can't have direct contact with others, try to find other ways to share your feelings and thoughts.

LET US KNOW IF YOU HAVE ANY QUESTIONS OR CONCERNS. THE FAMILY CLINIC (CONSULTORIO FAMILIARE) IN YOUR LOCAL AREA IS AVAILABLE TO GIVE YOU INFORMATION AND SUPPORT.

Few thoughts:

- It is **NORMAL TO BE AFRAID**, this is a particular moment that already activates so many emotions and makes you feel more vulnerable than usual, do not be afraid to express your feelings and if you experience moments of sadness, it is important that you return to activities that reassure you and make you feel good.
- **THE CORONAVIRUS SHOULD NOT TAKE TIME AWAY FROM YOUR PREGNANCY BUT ADD MORE TO IT.** Staying longer at home can allow you to prepare anything you need in the near future.
- Looking out for things you enjoy doing and that make you feel better **BOOSTS YOUR IMMUNE SYSTEM**, therefore: take care of your nutrition and try to do some physical exercises that help you stay in shape and release the tension.

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