

Birth of a Mother

A Guide for
Military Spouses

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Dear Military Mother-to-be,

C*ongratulations on your pregnancy!* You are embarking on an exciting adaptational journey to motherhood. The process is an interactive one, in which you will discover dreams and fantasies of your own as well as those of your husband and possibly other family members.

During your journey you will look to other mothers as potential role mothers and you may find a mentor who will provide you support during and after your pregnancy.

There is nothing prepackaged about motherhood.

Your maternal attitudes and behaviors will change in relation to the age, condition or situation of your child. We hope that this book will help you in your journey.

We encourage you to take notes of all the changes you experience during your pregnancy and journal your thoughts, your unique memories for sharing with your husband.

Pearls. This manual has been designed to provide you wisdom for your pregnancy and motherhood journey. The manual includes brief reminders—which we call “pearls”—that your concerns in pregnancy are shared among other expectant mothers. We hope these memory jogging tools will prove helpful during your pregnancy and as you prepare for the arrival of your newborn.

Very Sincerely,

*The M.O.M.S.,
Mentoring Team*





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