

WEIS M-O-M-S Class #5

Agenda:

- Briefly summarize and discuss content from last session.

CLASS CONTENT

- Well-Being of Self & Baby
 - Available personal resources
 - Gratitude -- thankfulness
 - Happiness of pregnancy – social appreciation of pregnancy
 - Building well-being and self-esteem
 - Companionship is key to self-esteem, feelings of uncertainty
 - Models decrease uncertainty and increase well-being
 - Copy friends, copy oneself, models serve as guides for expectations
 - Anxiety is increased when a women is isolated or deprived of ‘expert’ models
 - Concerns of safety (Change over course of pregnancy)
- Questions/concerns?

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