

PREGNANT CARES

VOCABULARY.

I. LISTEN TO AND JOIN WITH PICTURES WITH THE CORRESPONDING ACTIVITIES

AVOID SMOKING

STAY AWAY FROM
ALCOHOL

AVOID JUNK
FOODS

EAT HEALTHY

WASH FOOD AND
VEGETABLES

AVOID HOT BATH
AND SAUNA

PRACTICE YOGA

LISTEN RELAXING
MUSIC

EXPOSURE TO ANY
SMOKE

AVOID DRINK COFFEE

REST

AVOID RAW FOODS

VISIT YOUR OB/GYN

AVOID RIGOROUS
EXERCISES

CONNECT WITH
YOUR BABY

PUTTING ON
SUNSCREEN

AVOID ENERGY
DRINKS

TAKE VITAMINS

DO
PSYCHOPROPHYLAXIS

VIST YOUR DENTIST

