




# EXPECTED *Blessings*



20 Heartfelt Tips  
Every Mother Should Hear



A Gentle Pregnancy Guide  
for Slowing Down, Smiling More,  
and Treasuring the Journey



EXPECTED  
BLESSINGS

♥ MATERNITY ♥



[WWW.EXPECTEDBLESSINGS.COM](http://WWW.EXPECTEDBLESSINGS.COM)





## A NOTE FROM US



Pregnancy can feel exciting,  
exhausting, emotional, beautiful,  
and overwhelming all at once.

Some days feel magical. Other days  
feel long, uncomfortable, emotional,  
or uncertain. And somewhere in  
between all of that, your life is  
quietly changing forever.

We created this little guide as a gentle  
reminder to slow down when you can,  
smile at the little moments, and hold  
onto the memories that matter most.

This isn't about being a "perfect" mother.  
It's about being present for the journey.

You're doing better than you think.

With love,

*Expected Blessings*



01

# Take More Photos Than Feels Necessary

Even the quiet little moments matter more than you think. The sleepy mornings, the tiny bump photos, the cravings, the nursery progress, the random smiles — one day these little snapshots will become priceless memories.

You do not need perfect lighting or a perfect outfit.  
You just need moments that feel real.

## GENTLE REMINDER

Don't wait until you "look" more pregnant. Start documenting the journey early.

*"Sometimes the smallest things  
take up the most room in your heart."*

— Winnie the Pooh



## Small Snacks Can Make a Big Difference



Morning sickness and nausea can feel relentless some days. Small meals, crackers, cold fruit, ginger candies, homemade ginger tea, or lightly carbonated drinks may help settle your stomach more gently than large meals.

Sometimes the goal is not eating perfectly. Sometimes the goal is simply getting through the day kindly.



### GENTLE REMINDER



If electrolyte drinks help, check ingredients and avoid excessive sugar or high fructose corn syrup if they seem to upset your stomach further.

*“What could be more important  
than a little something to eat?”*

— Winnie the Pooh



03



# Your Baby Knows Your Voice



Talk to your baby more than you think you need to. Read out loud, sing in the car, laugh with your partner, tell stories, or simply speak softly during quiet moments.

Your voice becomes one of the very first things your baby learns to recognize.



## GENTLE REMINDER



Even simple everyday  
conversations help create  
connection.



*“Somebody new needs  
to hear your voice.”*

— Little Bear



# 04



## Don't Compare Your Pregnancy to Anyone Else's



Every pregnancy is different.  
Every body is different.  
Every baby is different.

Some women glow. Some women feel exhausted. Some show early. Some barely show at all. Your journey does not need to look like anyone else's to be beautiful.



### GENTLE REMINDER



Social media often shows  
highlight reels — not reality.



*“You are you. That is truer than true.  
There is no one alive  
who is youer than you.”*

— Dr. Seuss



05



# Start a Tiny Memory Box



Keep the little things. The ultrasound photos. A handwritten note. Your baby name ideas. A hospital bracelet later on. Tiny keepsakes that may seem small now often become deeply meaningful years later.

One day, these little reminders will help tell the story of how your family began.



## GENTLE REMINDER



A simple shoebox, basket, or small wooden keepsake box is more than enough.



*“Nothing is ever really lost to us  
as long as we remember it.”*

— L.M. Montgomery



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# The Internet Can Be Overwhelming



Pregnancy advice online can quickly become exhausting. Every article, video, or comment section seems to have a different opinion.

Take what helps. Leave what causes fear. And remember that not every scary story belongs to you.



## GENTLE REMINDER



You do not need to know everything all at once.



*“There is no way to be a perfect mother, and a million ways to be a good one.”*

— Jill Churchill



07



# Fresh Air Helps More Than You Think



A short walk, sunlight, or simply sitting outside for a few quiet minutes can sometimes reset your entire mood. Pregnancy can feel mentally and emotionally heavy some days, and even a little fresh air can help you slow down and reconnect with yourself.

You do not need to have a productive outing. Sometimes sitting quietly outside for ten minutes is enough.



## GENTLE REMINDER



Open a window, step outside barefoot for a moment, or take a slow evening walk when you can.



*“Let the trees show you  
how lovely it is to let things grow.”*

— Expected Blessings



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# Include Your Partner in the Memories



Take the candid photos.  
The blurry ones. The imperfect ones.

One day, your child may love seeing  
the way their parents looked at each  
other while waiting for them to arrive.



## GENTLE REMINDER



Ask someone to snap photos  
when you least expect it.



*“Love is composed of  
a single soul inhabiting  
two bodies.”*

— Aristotle



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# Cravings Are Part of the Story

Pregnancy can be emotional, strange, hilarious, and beautiful all at once. One week you may crave fruit at midnight. The next week you may suddenly hate your favorite food.

Some of the funniest memories come from the unexpected little moments.

## GENTLE REMINDER

Enjoy the weirdness  
when you can.

*“Life is a journey to be  
experienced, not a problem  
to be solved.”*

— Winnie the Pooh

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# Your Body Is Not Ruined



Your body is adapting, stretching, protecting, growing, and creating life.

Some days you may not feel beautiful. Some days you may feel uncomfortable or emotional.

But your body is doing something extraordinary.



## GENTLE REMINDER



Speak to yourself with the same kindness you would offer a friend.



*“You are braver than you believe,  
stronger than you seem,  
and smarter than you think.”*

— Christopher Robin



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# Comfortable Clothes Are Worth It



You do not need to “earn” comfort.

Soft clothes, supportive shoes,  
stretchy fabrics, and cozy blankets  
are not laziness — they are kindness  
toward yourself during a season of  
major physical change.



## GENTLE REMINDER



Comfort and confidence can  
absolutely exist together.



*“There’s no place like home.”*

— The Wizard of Oz





# 12



## The Nursery Does Not Need to Be Perfect



Babies do not care about  
Pinterest perfection.

They care about warmth, safety,  
comfort, and love.


The tiny details that feel  
stressful now will matter far less  
than the environment you create  
emotionally.



### GENTLE REMINDER



Focus on creating peace,  
not perfection.



*“Little by little,  
one travels far.”*  
— J.R.R. Tolkien

# 13

## Let People Help You

You do not have to carry everything alone.

Pregnancy can be physically exhausting and emotionally overwhelming, especially when you are trying to keep up with everyday life at the same time. Letting people support you does not make you weak — it makes you human.

Sometimes love looks like someone helping with groceries, bringing dinner, folding laundry, or simply sitting beside you while you rest.

### GENTLE REMINDER

Accept help when it is offered.  
You deserve support too.

*“A friend is one of the nicest things  
you can have, and one of the  
best things you can be.”*

— Winnie the Pooh

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# Don't Compare Baby Bumps

Every mother carries differently.  
Every body changes differently.

Your size, shape, or timeline  
does not determine how healthy,  
strong, or beautiful your  
pregnancy is.

## GENTLE REMINDER

Comparison steals joy  
far faster than you realize.

*"You don't have to be  
like everybody else."*

— Barney

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# Record One Video Talking to Your Baby

Take one quiet moment to speak to your baby.  
Tell them about your hopes, your dreams,  
your excitement, or even your fears.

One day, hearing your voice from  
this season of life may become one  
of your most treasured memories.

## GENTLE REMINDER

It does not need to be polished.  
It only needs to be real.

*“To be remembered  
is to live.”*

— Italian Proverb

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# Rest Is Productive Right Now

Your body is constantly working  
behind the scenes.

Even when you are sitting still,  
your body is building, growing,  
protecting, and preparing.

Rest is not weakness.  
Rest is part of the process.

## GENTLE REMINDER

Slow days are still  
productive days.

*“People say nothing is impossible,  
but I do nothing every day.”*

— Winnie the Pooh

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# Your Relationship May Change During Pregnancy



Big life changes can bring stress, emotions, uncertainty, and growing pains — even in strong relationships. Pregnancy often changes routines, communication, priorities, and emotions for both partners.

Give each other grace during this season. You are both learning, adjusting, and preparing for a completely new chapter together.



## GENTLE REMINDER



Small moments of patience and kindness matter more than perfection.



*“Love doesn’t make the world go round.  
Love is what makes the ride worthwhile.”*

— Franklin P. Jones



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# It's Okay to Feel Excited and Scared at the Same Time

Most parents feel both.  
Excitement and fear often  
exist together during big life changes.

You do not need to have  
everything figured out to  
become a wonderful mother.

## GENTLE REMINDER

Give yourself permission  
to feel everything honestly.

*“Anything human is mentionable,  
and anything mentionable  
is manageable.”*

— Mister Rogers

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Preserve the  
Moments That  
Matter Most

The first heartbeat.

The first kicks.

The first ultrasound.

Pregnancy moves slowly some days  
and impossibly fast in hindsight.  
The moments that feel ordinary today  
may become deeply meaningful tomorrow.

GENTLE REMINDER

Save the photos.  
Print the memories.  
Hold onto the little things.

*“How lucky I am to have  
something that makes  
saying goodbye so hard.”*

— Winnie the Pooh

20

You Are Already  
Becoming the Mother  
Your Baby Needs

Long before your baby arrives,  
you are already growing into  
the person they will know as home.

Not because you are perfect.  
But because you care deeply.  
And love begins long before birth.

GENTLE REMINDER

You are doing  
better than you think.

*“A mother’s arms are made  
of tenderness and children  
sleep soundly in them.”*

— Victor Hugo

# Preserve the *Moments* That Matter Most

Pregnancy has a way of turning ordinary moments into lifelong memories.

The blurry ultrasound photo.  
The first tiny kicks.  
The excitement of waiting.  
The love that begins long before you ever hold your baby.

At Expected Blessings, we created our custom keepsake necklaces to help families hold onto those moments forever.

Whether it's:

- ♥ an ultrasound image,
- ♥ a newborn photo,
- ♥ or someone deeply loved,

our pieces are designed to turn memories into something you can carry close to your heart every day.

*Because some moments deserve more than just a spot in your camera roll.*



*Scan to create your custom keepsake necklace*

ExpectedBlessings.com  
@ExpectedBlessings

