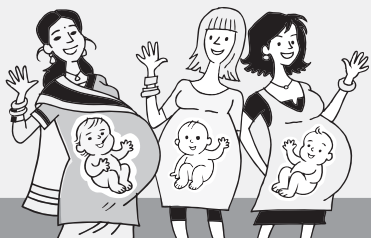


# WHAT HAVE YOU LEARNED?

Here is a quick re-cap of the skills we have covered:

- Parenting isn't about 'shoulds' or 'oughts'
- The emotional thermometer
- PAUSE, NOTICE and REFLECT
- The vicious cycle and how our thoughts, feelings and behaviours are all linked
- The 5 ways to wellbeing
- To seek help if alcohol, drugs or living with fear are a problem
- Visualising/imagining your baby
- Identifying your support team and wellbeing plan
- Setting realistic goals



Remember, your baby will be born to love you! Good luck on this very exciting journey!