



Throughout this booklet, we give you the gift of knowledge and peace knowing how to care for yourself and your baby during this very sacred time.

There is no right or wrong time to have a baby - it is up to you, your partner and the Creator to decide the right time for you to receive the blessing of new life. Just as we prepare for ceremonies and rituals, we prepare our bodies for the ceremony of life.

The Coming of the Blessing is a guide for you to use before, throughout and after your pregnancy. If you would like a free copy, or would like more information about the March of Dimes and preparing yourself to have a baby, please visit [www.marchofdimes.com/oklahoma](http://www.marchofdimes.com/oklahoma)

or call 405.943.1025.

