

Things To Do During The 16th Week Of Pregnancy



Consider having yogurt or fruit instead of candy to satisfy sweet cravings and fulfill calcium and protein needs. Snack on string cheese for salty cravings.

Start shopping for baby items like cribs, strollers, and car seats.



Your OB/GYN may recommend childbirth education classes to manage stress and anxiety during pregnancy.

Naming your baby can be a fun and de-stressing activity.

★ **BABY** ★
NAMES



Document your pregnancy with pictures and stop-animation movies.

Engage in low-intensity activities like walking or swimming for half an hour, but consult your doctor before starting any exercise routine.



Sleep on your side instead of your back, using pillows or a maternity pillow for support.

Communicate with your partner about your fears and anxieties during pregnancy for mutual understanding and support.

