

100 Intentional Acts of Kindness Toward a Pregnant Woman!

Ask me how was my day ♥ Ask me is there anything I need ♥ Be supportive and faithful ♥ Don't stare at other girls in front of me ♥ Don't offer me extra food ♥ Don't talk about my weight ♥ Fix me a meal ♥ Offer me a back rub ♥ Give me quiet time ♥ Advocate for me with my doctor ♥ Don't argue with me ♥ Take me to the doctor ♥ Help with the laundry ♥ Help me out of the car ♥ Help me out of the tub ♥ Help me out of my seat ♥ Help me carry things ♥ Help me with my household chores ♥ Get me crackers if I'm sick ♥ Clear folks away so I can rest ♥ Take me to worship service ♥ Bring me cute baby things ♥ Don't break up with me during my pregnancy ♥ Pamper me ♥ Pick up my child/ren from school ♥ Reach in high places for me ♥ Read a book to me ♥ Read to my children ♥ Respect my body ♥ Respect my feelings ♥ Help me remember the doctor's orders ♥ Take a walk with me ♥ Take me to lunch and not fast food ♥ Take me to dinner ♥ Take me to the park ♥ Take me to the beach ♥ Encourage me to be good to myself ♥ Be helpful in anyway possible ♥ Visit me ♥ Be understanding to my emotional swings ♥ Be understanding of my quirky needs ♥ Run a bubble bath for me ♥ Do my nails ♥ Do my toes ♥ Give me a foot rub ♥ Make my bed ♥ Help my kids make their beds ♥ Give my kids a bath ♥ Throw me a baby shower ♥ Elevate my feet ♥ Take me to a movie ♥ Go to the pharmacy for my meds ♥ Bring me my vitamins ♥ Bring me fruit ♥ Find out what makes me sick and keep it away from me ♥ Take my kids on an outing ♥ Allow me to go ahead of you in line ♥ Open the door for me ♥ Speak kindly to me ♥ Be polite ♥ Ask permission to touch my belly ♥ Don't stare at me ♥ Let me sit near the bathroom at Church ♥ Offer me your seat on the bus ♥ Let me sit down at the bank until its my turn at the teller line ♥ Bend over and pick up things I drop ♥ Braid my hair ♥ Bring me flowers ♥ Call just to tell me you were thinking of me ♥ Ask me if you can help with anything ♥ Don't say I've ruined my life ♥ Don't make "fat" jokes ♥ Bring me gifts ♥ Give me clothing that fits ♥ Take me for a facial ♥ Take me to an eyebrow waxing ♥ Bring me parenting videos ♥ Bring me information on pregnancy ♥ Advocate for me with other service providers ♥ Listen to what I am going through ♥ Help me find housing ♥ Help me climb the stairs ♥ Play soft music for me ♥ Include me and my unborn baby in your prayers ♥ Don't tell me pregnancy horror stories ♥ Don't tell me delivery horror stories ♥ Don't do drugs around me ♥ Offer me a bottle of water ♥ Save coupons for me ♥ Share savings tips ♥ Share books on pregnancy ♥ Recommend a support group ♥ Provide transportation ♥ Wash my hair ♥ Be a mentor ♥ Bring over a funny video ♥ Bring me baby name books ♥ Buy picture frames for my new baby's pix ♥ Give me fragrant shower gel ♥ Don't tell me about the death of someone's infant ♥ Tie my shoes ♥ Compliment my appearance ♥ Wish me a good pregnancy ♥



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