

Show Notes

Episode 107

This week Sam and Emily are talking about maternity items they used to stay comfortable during the length of your pregnancy. Smart spending can save you money on future pregnancies as well!



Links to Some of our Favorite Maternity Items

- [Belly Bands](#)
- [Maternity Belt](#)
- [Maternity Pillow](#)
- [Body Butter](#)
- [Hot Water Bottle](#)
- [Preggie Pops](#)
- [Nausea Bracelets](#)

Remember to schedule regular "maintenance" in the form of chiropractor and massage therapy!

Pregnancy Forums can be found on:

- [TheBump.com](#)
- [MumsNet.com](#)
- [WhatToExpect.com](#)
- [BabyCenter.com](#)

To learn more about Omaha Better Birth Project, visit
www.omahabetterbirth.org