

CONSCIOUS PREGNANCY

Dear friend and future mother!

Welcome to this website that talks about you and to you.

You too, like every mother, will want everything to be as good as it possibly can for your child who will soon be born. The concept of “best”, in this world of ongoing medical and psychological progress and scientific research, is a field in constant evolution.

Pregnancy must be lived in the full knowledge of its underlying values, thus laying the foundations for a healthy and balanced child, ready to make full use of his natural inherent qualities.

Yes, my friend, it has now been established that the manner in which the nine months of pregnancy are lived has a profound influence not only on the physical development but also on the psyche of the baby, an influence that will be reflected in the rest of his life.

Knowing full well that the child growing inside you is participating actively not only in every experience you live, but also in everything that happens in the world that surrounds him, I'm sure that you will want to respect these fundamental rules:

- The child must be wanted, loved and conceived in the name of love. Love is food for babies during their growth.
- Immediately create a solid affective link between mother, father and child, transmitting sentiments, emotions and positive stimuli, but above all the joyous acceptance of their existence. This will give the child the pleasure of already feeling they are part of the family and will lead to serenity and security during their development.
- To grow well a baby in the womb needs a relaxed and serene mother and an environment in which harmony reigns.
- Allow the loving care of the parents to reach the child in the womb, speaking, singing, playing. They will start on the path of his life with a wealth of positive and pleasing experiences.

All the attention you give to your child before his or her birth will have a beneficial effect on his future life

You now have access to the Introductory Course to Pregnancy offered to you free by this website. Read it and you will see that there is nothing complicated, and that it is very useful. Following it will be time well spent. When you have a doubt, email me and I will be glad to reply.

You must have: an open mind, a sense of responsibility and awareness, and above all a lot of love.

I send you my best wishes that you and your partner may serenely experience the adventure of a joyous maternity.

Bianca Buchal

