

**SUITABLE FOR TRIMESTERS 2 AND 3**

An illustration of a pregnant woman with dark hair tied back, wearing a pink sports bra and black leggings, sitting in a lotus position with her eyes closed. Overlaid on her abdomen is a diagram showing a blue double-headed vertical arrow between a pink diaphragm at the top and a pink pelvic floor at the bottom, representing the relationship between breathing and pelvic floor movement.

Roly Poly, Roly Poly,
On My Turn
Roly Poly, Roly Poly,
I'm Your Mum...

NO RESPONSE → BIG RESPONSE

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An illustration of a pregnant woman with dark hair tied back, wearing a pink sports bra and dark grey leggings. She is sitting in a meditative lotus position with her eyes closed and a calm expression. Overlaid on her belly is a blue circular diagram with three arrows forming a clockwise cycle, representing the digestive process. The word 'My' is written in a pink, cursive font to the right of her head.

Hickory Dickory Bump
My hand went round your Lump
The Clock Struck One,
My Hand was Done
Hickory Dickory Bump

NO RESPONSE → BIG RESPONSE

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An illustration of a pregnant woman with dark hair tied back, wearing a pink sports bra and black leggings, sitting in a meditative pose with her eyes closed. Overlaid on her abdomen is a diagram showing a blue circle with internal loops, representing the diaphragm and abdominal muscles. Pink arrows indicate a clockwise circular motion around this central area, illustrating the breathing technique described in the text.

Roses Are Red
Violets Are Blue
You're Growing In Me
And I Love You... x

NO RESPONSE → BIG RESPONSE

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