

Additionally, an *Awake!* article should be provided by the elders. It is entitled "*Healthy Mothers, Healthy Babies*" (*Awake!* 11/2009) and provides sound advice for pregnant sisters during pregnancy and child-birth. Please take special note of the second paragraph under the subheading "Minimizing Risks During Labor and Delivery".

Finally, please make sure that you are not left alone for **at least ONE HOUR** after the **delivery of your baby**. Your husband can tell your relatives the good news after that!

Please consult with your congregation elders if you have any questions concerning these matters. May Jehovah bless you during your pregnancy, your multi-year 'project' of raising your child, and on into eternity.