

# MOM-TO-BE CERTIFICATE



**This certificate is Presented to:**

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For enduring the wrath of pregnancy like:

Morning sickness, swallowing vitamins that make you gag, for eating dozens of boxes of saltine crackers, gaining weight, bloating, constipation, gas, heartburn, cravings, face blemishes, your hands, feet and legs swelling up like balloons, peeing in a cup at each doctor visit, all the nettle pokes, understanding what Braxton Hicks contractions are, headaches, nausea, peeing 100 times a day, for being exhausted just after you woke up, your bladder failing, your hormones being completely whacked out, for every time you walk into a room being horrified of the smell, and trying to eat what is best or just trying to eat enough.

In the months to come you may feel that being spit-up on, waking up three times a night, and changing diapers is not a glorious job. Just know that mothers are earth's real heroes!

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With Love From All of Us