# Bump & Unwind

Pregnancy Brain Gym (Answers PDF)

## Page 8:

I can see an elephant

Look at the elephant

The dogs are under the char

I have a shirt

Her dress is on the chair

Mumy can wear her dress

Can you see the elephant?

We can see the dogs

Rest is your imagination

## Page 9:

1) A Circle
2) Fire
3) A Needle
4) Legs
5) A Chef
6) Book
7) Map
8) A Clock
9) Water
10) A Photograph
11) A Needle
12) An Umbrella
13) An Echo
14) Comb
15) Bed

## Page 17:

1) Monday
2) Car
3) Month
4) Lamp
5) Milk
6) Football

7) Tree
8) Friendly
9) Potato
10) Clock
11) Ice Cream
12) Pizza
13) Door
14) Nine
15) Muffin

## Page 23:

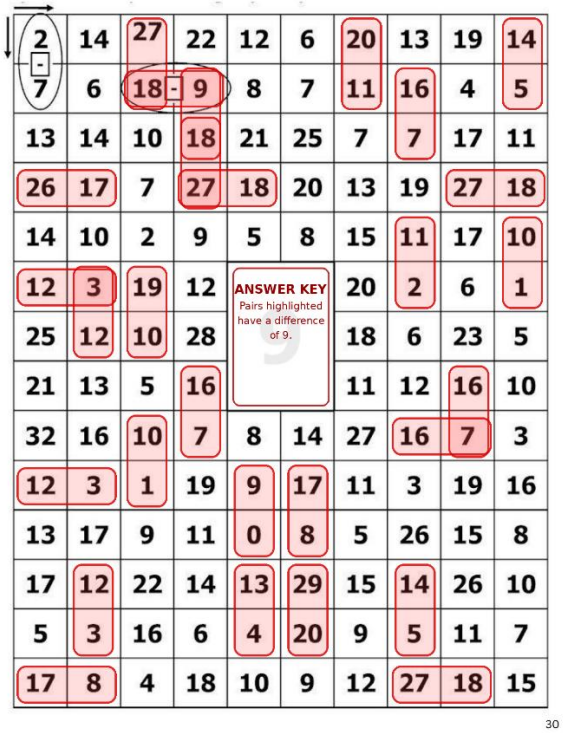
1) Age
2) Tomorrow
3) Bottle
4) Stairs
5) Table
6) Coin
7) Telephone
8) Clock
9) Piano
10) Towel
11) Time
12) Future

## Page 28:

1) Baby shower
2) Car seat
3) Diaper change
4) Bun in the oven
5) Potty time
6) Eating for 2
7) Up all night
8) 9 Months
9) Spit up
10) Bed time
11) Morning sickness
12) Baby on board
13) Cutie pie
14) Baby picture
15) Mom to be
16) Water breaking
17) Knocked up
18) Dad to be

## Page 31:

**Make a pair of two boxes that adds upto 9**




30

## Page 35:

1) **10**
2) **22**
3) **25**
4) **14**
5) **15**
6) **54**

## Page 38:

1) Peaceful
2) Gentle
3) Hope
4) Kindness
5) Serene
6) Happy
7) Love
8) Peace
9) Baby
10) Calm

## Page 47:

***Scene 1:***

1) Hanging Toy
2) Glass
3) Change of Tree
4) Fruit Basket

***Scene 2:***

1) Sofa
2) Hanging Toy
3) Ball
4) Table Drawer

***Scene 3:***

1) Ball instead of Dog
2) Tree Branches
3) Clouds
4) Walking Lady

## Page 56:

1) Son
2) Brother
3) Sister
4) Grandson

## Page 57:

5) Uncle/Aunt (You are sibling of his mother)
6) Niece
7) Parent (A is B's Parent)
8) Brother

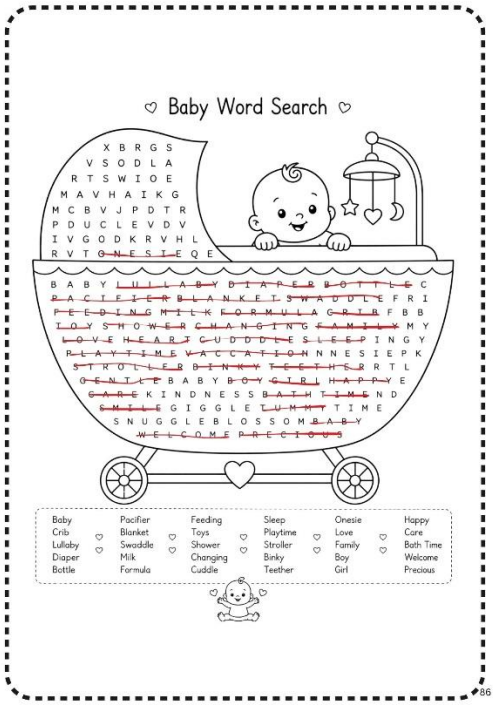
## Page 58:

9) Son
10) Cousin
11) Niece
12) Uncle

## Page 84:

1. Diaper
2. Cradle
3. Rattle
4. Bottle
5. Pacifier
6. Pregnancy
7. Formula
8. Teddy bear
9. Onesie
10. Stroller
11. Nursery
12. Crying
13. Car seat
14. Blanket

## Page 87:




## Page 89:

1) My heart is full of Love
2) I trust my body and my Baby
3) Mom and Dad loves you
4) My baby is my precious gift

5) My love for you is Infinite
6) I am Calm, Positive and Strong

## Page 92:

Squares: 3

Rectangles: 10

Circles: 3

Triangles: 2

## Page 93:

Anya – January – Nursing Pillow

Riya – April – Maternity Belt

Siya – July – Baby Clothes

Tara – September – Water Bottle

Isha – December – Prenatal Vitamins

## Page 95:

WE ARE HAVING A BABY

## Page 97:

1) The Internet
2) A Clock
3) Footsteps
4) Your Breath
5) Fire
6) A Candle

## Page 98:

**How to solve**

1. Bob was found at 8:00 AM.
2. Jill was not found at 10:00 PM, just like Bob. So Jill is at 12:00 AM.
3. Andrew was not found on Monday or Sunday, so Andrew was found on Saturday.

4. Andrew was not found at Church or School, so he was found at the Park.
5. The person found on Monday was at School. Bob was not found on Sunday, so Bob was found on Monday.
6. Jill was found on Sunday, at Church, at 12:00 AM.

**Final answers:**

- Andrew → Park, Saturday, 10:00 PM
- Bob → School, Monday, 8:00 AM
- Jill → Church, Sunday, 12:00 AM

## Above Mindful Parenting by Dr. Bhavna

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