

Done in a Day

M G F R P X P F I S D N U B Z E I T L D Q R P P
 M Y B M D S I D E L Y I N G Q N W S M S H E U U
 Y T I V A R G L E C A J I C Q I A A U M N L I R
 V T G U A Y L O H O C L A W G E L F I H W A L P
 S L P E X I N L B K V K D W D F K E F D O X F L
 T D L Z L M S W K F R N E Z D F I S B O D A G E
 I S S A S L H K K M K P H N O A N L T M T T N C
 B V A M B Z U B K T R Q G X I C G E V M E I I R
 T R O P P U S R O B A L G R V L L E U A L O T Y
 P T X C G X H V K Q F F K A A L A P O M T N T I
 E T E C G R Y R U O B W M N J F R N O X Z L A N
 M T W S K I N T O S K I N K B U O V E Z A B U G
 G A F H U C A N A L G E S I C M E C H R V V Q K
 G N G L E X L J D W J H D N H M A K U K D G S E
 P S I J Y C F X M U M M G G E S F S I S N A P G
 W S Z H R E L A X I N W P N F U W V S I H I N L
 N U Z Z T N X U M Q Q N T G L O U A C A D Q I X
 E C U Z V A F P C R N P Y L C C H N D U G D T E
 A K D A H Z E K I J A P T F Y C A Y R D Y E C X
 R I M S F S S R Y T P E R P P D T A J T L S A K
 N N Y T W T V B B U R L M R D S L J B G A E L J
 W G Y L D V J W W M C Z N H J B S H J M Y N O Q
 O X Y T O C I N N I T R O U S O X I D E S P R V
 O O R V U G N I Y A W S R J Z N H B Z F L C P D

labor support	nitrous oxide	purple crying	skin to skin	adrenaline
relaxation	safe sleep	side lying	analgesic	breathing
full term	prolactin	squatting	caffeine	epidural
let down	movement	oxytocin	alcohol	dancing
gravity	massage	relaxin	sucking	swaddle
swaying	walking	focus	shush	ball