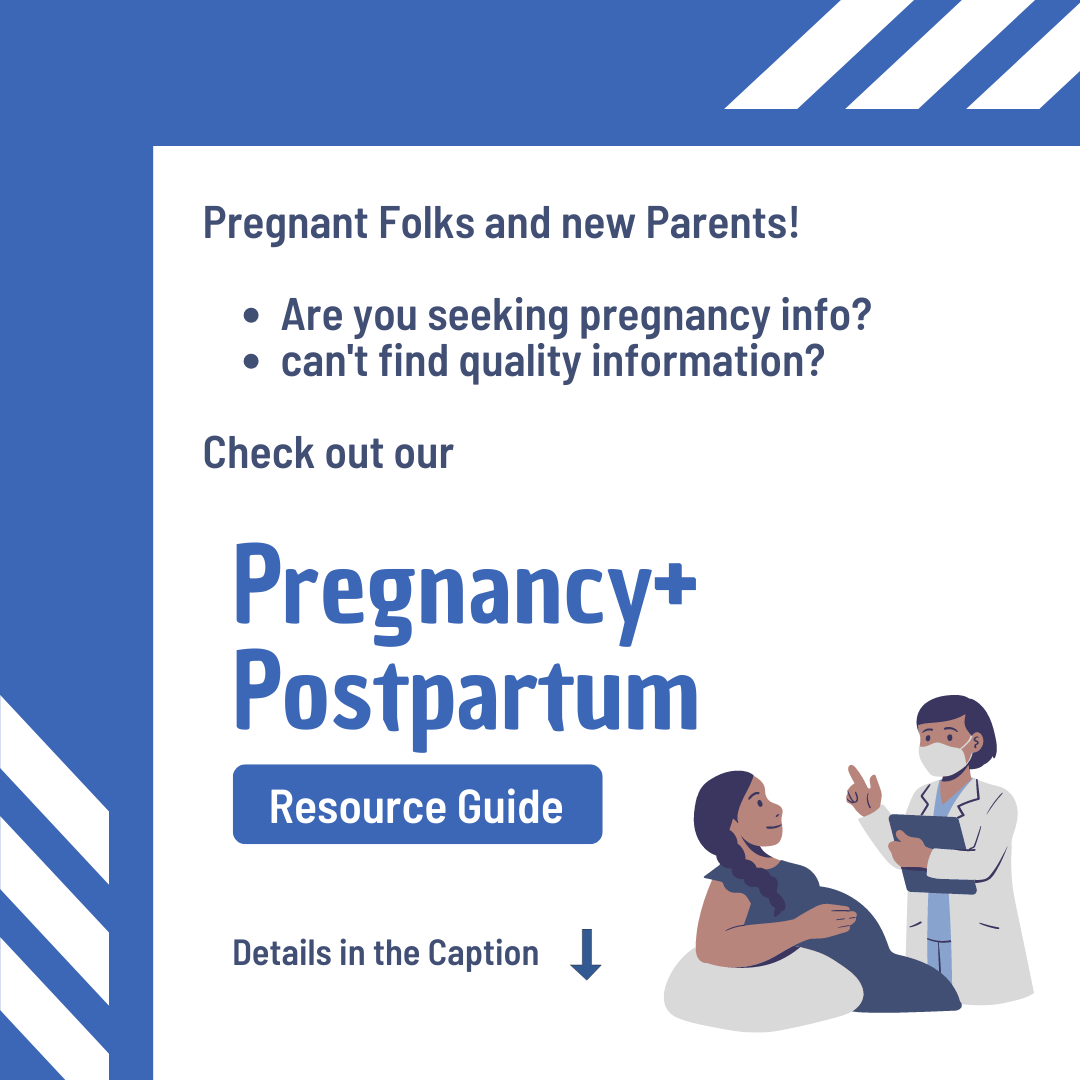
# Instagram Post and Caption Ideas

Instagram post:



## Instagram Caption:

Calling all prenatal, postpartum, and expecting parents! Becoming a parent can be an exciting–and intimidating–journey. There are tons of information out there about prenatal and postpartum health and mental health. However, there is also lots of misinformation! Check out our handy resource guide to find quality information to support you on your pregnancy and postpartum journey.

Link in bio / Link here: www.yourlink.com

Disclaimer: this is a resource guide. We are not doctors and this is not medical advice. Please consult your doctor before making any decisions.

### Please use this template if you use Canva.com, and if you need to edit the post image itself:

<https://www.canva.com/design/DAFCHgc2iOs/9ebzTKJsEiqs8S9t8WdKyg/view?utm_content=DAFCHgc2iOs&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview>

## Twitter caption:

Calling all prenatal, postpartum, and expecting parents! Becoming a parent can be an exciting–and intimidating–journey. There are tons of information about pregnancy, but there is also misinformation! Check out our handy resource guide to find high quality information: (link)