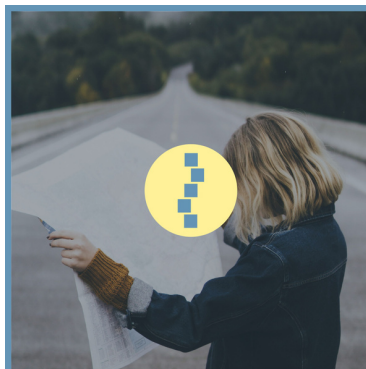




My Journey Back to Work

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Series 01 Episode 02

Part Two: Navigating Pregnancy in the Workplace

Originally published: Saturday, May 23rd 2026 at 10:45am BST

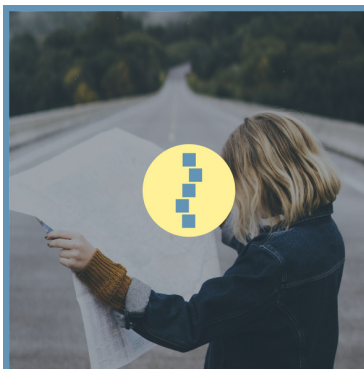
CREDITS:

www.freesound.org is an incredible resource and the majority of SFX and Music tracks can be found there or are the producer's own.

Specific links for this episode can be found below.

A special shout out to [seth_makes_sounds](#) whose wide variety of music perfectly captured the different atmospheres across the series. More of their work can also be found on www.freesound.org

COVER ARTWORK IMAGE	
Main series image	https://unsplash.com/photos/woman-looking-at-map-while-standing-on-road-KeiUll9Lzo4
MUSIC	
Where used:	Link to original sound file
Intro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/725420/
Space steps bed music	https://freesound.org/people/Romariogrande/sounds/495389/
repeat work music from ep 1	https://freesound.org/people/afleetingspeck/sounds/166263/
but if we're on this journey we know where we're heading	https://freesound.org/people/deadrobotmusic/sounds/555707/
Something's about to change 1	https://freesound.org/people/gulyas25/sounds/233699/
navigating at work, what do we do next?	https://freesound.org/people/Simonays/sounds/541017/
Imaginary mat leave/baby cinema music	https://freesound.org/people/Seth_Makes_Sounds/sounds/662778/
Boat trip music	https://freesound.org/people/muri_kuri/sounds/682461/



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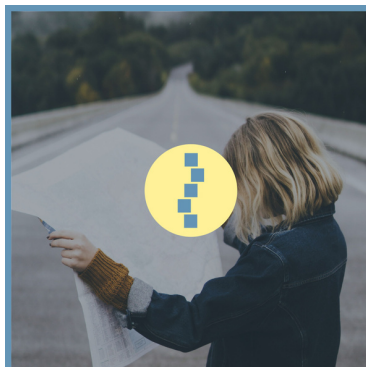
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CREDITS cont:

breakfast scene	https://freesound.org/people/Drakensson/sounds/529601/
birth scene music	https://freesound.org/people/xkeril/sounds/686658/
Outro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/696111/
SFX	
busy at work - typing	https://freesound.org/people/BonnyOrbit/sounds/399823/
busy at work - telephone ring	https://freesound.org/people/kyles/sounds/450042/
busy at work - aeroplane/bird	https://freesound.org/people/nikitalala/sounds/139945/
busy at work - cocktail ambience	https://freesound.org/people/joly1/sounds/88653/
busy at work - ice clinking	https://freesound.org/people/syntheffects/sounds/563285/
busy at work - champagne cork	https://freesound.org/people/KenRT/sounds/392624/
busy at work - champagne pour fizz	https://freesound.org/people/martinimeniscus/sounds/199379/
busy at work - email alert tone	https://freesound.org/people/stwime/sounds/545369/
Supermarket bed background	https://freesound.org/people/BeeProductive/sounds/376824/



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CREDITS SFX cont:

Supermarket 1 - Till checkouts bleeping	Copyright MJBTW
Supermarket 2 - Pay bleep	Copyright MJBTW
Supermarket 3 - Receipt printing	Copyright MJBTW
Office ambience	https://freesound.org/people/DiArchangeli/sounds/108695/
office Room tone	https://freesound.org/people/mzui/sounds/203305/
Midwife - blood pressure beep	https://freesound.org/people/jaava73/sounds/42979/
Doppler heartbeat	https://freesound.org/people/wjoojoo/sounds/204339/
Midwife - parenting books	https://freesound.org/people/toddcircle/sounds/451652/
Midwife - writing pen scratch	https://freesound.org/people/Anthousai/sounds/337087/
Midwife - leaf through pages	https://freesound.org/people/Vrymaa/sounds/734547/
Midwife - camera shutter	https://freesound.org/people/SoundBiterSFX/sounds/730904/
Baby cinema - toddler laugh 3	https://freesound.org/people/macdaddyno1/sounds/361506/



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CREDITS SFX cont:

Baby cinema - baby girl crying	https://freesound.org/people/josephvm/sounds/442655/
Baby cinema - toddler laughing	https://freesound.org/people/datari/sounds/660407/
Baby cinema - laugh group children	https://freesound.org/people/FunWithSound/sounds/416703/
Baby cinema -toddler laughing soundbible	https://freesound.org/people/arvinsohi29/sounds/462453/
boat trip - boat engine	https://freesound.org/people/radio_kiki/sounds/632118/
boat trip - oars lapping	https://freesound.org/people/Fenodyrie/sounds/588308/
boat trip - baby coo/gurgle	https://freesound.org/people/Sauron974/sounds/244237/
birth scene - breath, single	https://freesound.org/people/eoinot/sounds/622731/
heartbeat	https://freesound.org/people/Woodingp/sounds/116642/
party	https://freesound.org/people/Nox_Sound/sounds/752709/
heartbeats, faster	https://freesound.org/people/patobottos/sounds/160504/
woman fast breath	https://freesound.org/people/OwlStorm/sounds/151206/



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CREDITS SFX cont:

newborn cry	https://freesound.org/people/the_yura/sounds/211527/
1. mum & 2. baby - same track	https://freesound.org/people/mushroomjesus/sounds/146924/

WHAT NEXT?

Add your story at www.myjourneybacktowork.com

Share with parents you know who might appreciate finding out more about the project.

Thank you!