



Worksheet: Me to Mum Session 1

How do you imagine your child? Are there any traits or characteristics that come to mind when you think of your baby/ babies and how they will be a year from now or a few years from now?

Can you imagine something that you would like to do with your baby/ child in the future? What would it mean to you to be able to share this experience with your baby?

Try to imagine doing something for your baby – feeding, changing or bathing him or her. What do you notice – do any emotions come up?

Do you include your baby in daily activities (such as talking to him or her, massaging your bump or playing music?) How do you feel your baby reacts?

If this is something that you are not doing at the moment can you think of an activity that you can include your baby in on a daily basis?

Practical Tips

- Talk and sing to your baby, knowing he or she can hear you.
- Gently touch and rub your belly, or massage it.
- Respond to your baby's kicks. In the last trimester, you can gently push against the baby or rub your belly where the kick occurred and see if there is a response.
- Play music to your baby.
- Give yourself time to reflect, go for a walk or have a warm bath and think about the baby. You may like to write a diary or stories to the baby about what you are experiencing.
- Some parents might like to start a baby journal or a vision board where you can identify your hopes and dreams for your baby. Try to focus on goals that you can work towards – I want to support my child to develop at their own pace; I would love to have special time with my baby; rather than goals which may leave you feeling that you are not good enough if they do not come to pass – I want my baby to walk, talk early and I will spend time every day doing x,y and z to help them achieve this.
- Draw, paint or make something that symbolises your baby – allow yourself to have fun and be creative