

## **Pregnancy Visit #8**

- Becoming A Mom
- Managing Your Time
  - Team Work

## **Topics for Next Visit**

- What Do I Need for a New Baby
  - Packing for a Hospital
    - Budgeting
    - Safe Sleep
  - Car Seat Safety

## Getting Ready for a New Family Member

Write your name in the first column. Write the names of 3 family members in the other columns. Complete this worksheet together. Discuss your answers.

What is exciting about the future birth?				
What makes you nervous about the birth?				
What will the baby be like?				
What will you be like? (As a parent, grandparent, aunt, uncle, etc.)				
What will change in your life after the birth?				
What is your role on the day of delivery?				
What does this baby mean to your family?				

## Becoming Pregnant: Finding Out

**Finding out you are going to be a parent is a big deal!**

*What did you say to yourself when you found out?*



**Becoming a parent means things will change in your life.**

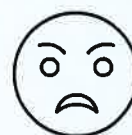
*What will change most for you and how will you manage this change?*

**Becoming a parent also means having some dreams come true.**

*What dreams are coming true for you?*

**People can experience various emotions when they find out about a pregnancy.**

*Look at the faces and circle all the ways you have felt since you found out:*



### WELCOMING YOUR BABY

- Take a few quiet minutes to slow down.
- Place your hand on your baby.
- Imagine how cozy and safe baby feels.
- Smile, send your love, and welcome your baby.

## Becoming Pregnant: Sharing the News

**One of the first things you do after learning you are expecting a baby is tell people the news.**

*Who did you tell?*

*How did they respond?*



**Becoming a parent brings up many thoughts and feelings. Dealing with all the changes takes time and energy. Parents often want someone they can talk to, who will listen and not judge.**

*Who can you do that with?*

*Being nurtured is being treated in a loving and care way.*

**Most parents like to be nurtured during this time. What are some ways you can care for yourself?**

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*It helps you get ready to nurture your baby.*









### BEING NURTURED

- Think about your baby and their growth in the womb.
- Imagine yourself being in a safe and loving place like that.
- Who helps make your safe place the way you want it?

## Becoming Pregnant: Who is Coming?

Are you wondering what your baby is like? Do you have some ideas already? Answer these questions about what you think your baby may be like.

<b>How baby will look?</b> 	<b>How baby will move?</b> 	<b>How baby will think?</b> 
<b>Baby's moods?</b> 	<b>Baby's personality?</b> 	<b>Baby's activity level?</b> 
<b>How would you like your baby to be like you?</b>		<b>How would you like your baby to be like your partner or others in your family?</b>
<b>Name 1 thing you already like about your baby.</b>		<b>Name 1 thing your baby likes about you.</b>



## When Will I Feel Like a Mom?



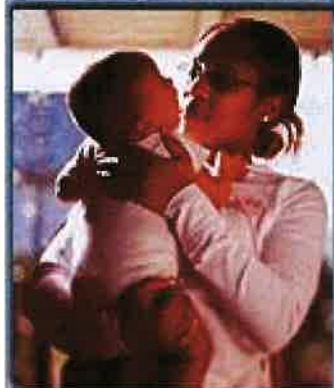
Some women feel like a mom before the baby is born. But many women don't feel like a mom right away. They need to care for the baby for a while.



I think I will feel like a "real" mom when I...



I think I will feel like a "real" mom when my baby...



It will help me feel more like a mom if I learn...



# Managing Your Time



You have so much to do. How will you get it all done?

PLAN	START	FOCUS	REFUSE	RELAX
<ul style="list-style-type: none"> <li>• Create a to-do list of things to get done.</li> <li>• Check things off as you go along.</li> </ul>	<ul style="list-style-type: none"> <li>• When you have your list, start working on it!</li> <li>• Don't put things off.</li> </ul>	<ul style="list-style-type: none"> <li>• Set aside time to work on your to-do list.</li> <li>• Start with the things that are most important.</li> <li>• Ask people not to interrupt until you are done.</li> </ul>	<ul style="list-style-type: none"> <li>• You have a lot going on in your life. You can't always help when someone asks.</li> <li>• Don't try to do too much.</li> <li>• It's okay to say no!</li> </ul>	<ul style="list-style-type: none"> <li>• Try to stay calm under pressure.</li> <li>• As you work, take breaks. A 10-minute break can help lower your stress.</li> <li>• Take time to relax. You need a break now and then. Afterward, you can work even harder.</li> <li>• Try taking a walk. Have a healthy snack. Play with your baby. These things can help you recharge.</li> </ul>



## Team Work

Life requires team work. What parts of *your* life require team work?

<b>WORK</b>	<b>SCHOOL</b>	<b>NEIGHBORS</b>
<b>TALKING TO DOCTORS</b>	<b>IN YOUR FAMILY</b>	<b>WITH YOUR PARTNER</b>
<b>WHAT ELSE?</b>		

## What makes a good team member?

★ Put a star by the traits needed to be a good team member.

Honest	Trustworthy	Complains often
Cheerful	Finds fault with others	Works well with others
Does not listen	Dishonest	Dependable
Lazy	On time	Often late
Ready to try new things	Cooperates	Good listener
Creative	Hard worker	Unwilling to try new things

Which of these traits do you have? Which would you like to have?