

## 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 the 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?**

---



---



---

*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><br> | <b>How baby will move?</b><br>  | <b>How baby will think?</b><br>    |
| <b>Baby's moods?</b><br>      | <b>Baby's personality?</b><br> | <b>Baby's activity level?</b><br> |
| <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<br/>DOCTORS</b> | <b>IN YOUR<br/>FAMILY</b> | <b>WITH YOUR<br/>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?