

EXPECTANT MUMS AND DADS

Getting to know your baby can happen from early in pregnancy

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| Have you filled in the Expectant Mum/Dad questionnaire? | Yes | No |
| Talk through the questions with your PuP therapist. | | |
| Did the questions make sense to you? | Yes | No |
| Do you feel connected to your unborn baby in some ways but not in others? | Yes | No |
| Do you have some uncertain feelings around having a new baby? | Yes | No |

Connecting with your unborn baby

Many pregnant women and their partners find that as the pregnancy progresses, they become more tuned in to the baby. This can happen for Mums when they start to feel the baby move inside them.

For Mums: Have you felt your baby move? How does this feel? Focus on the sensations? If your baby could talk what might she/he be telling you when there is movement.

For Partners: Have you seen and felt the baby move in your partner's tummy? How did this make you feel?

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CONNECT

Does your unborn baby have feelings?

Even before birth, babies are aware of light and sound. What might be the experiences your baby is having right now?

Have you seen pictures of your unborn baby?

Scans give us a special chance to see an unborn child. Have you seen a scan of your unborn baby?

Talk through with your PuP therapist the feelings that this brought up for you.