

Enjoy singing to
your baby

Nest and prepare for your baby- enjoy
organising their clothes or making some art for
their nursery

Write a letter
to your baby-
express how
you feel about
them and your
hopes and
dreams for
them. Tell
them you love
them

Have a gentle dance
with your baby

Learn about what development your baby is going
through at each stage so you can visualise them

Enjoy looking at scan images and
put them up where you can see
them often

If you feel ready, give your baby their name during
pregnancy. It might help you to think of them as
the unique little person they are already

Keep a pregnancy journal and
note baby milestones like first
movements- you could even
write it as if you are talking to
your baby- it will be wonderful
to show them when they are
older

Stroke your
baby bump and
watch those
movements
with wonder

Listen to
visualisation
relaxation scripts
where you can
picture meeting and
holding your baby



Brazelton Centre UK