

BONDING WITH YOUR UNBORN CHILD

Taking the time to connect with your baby now will help your relationship to develop before you've even met face to face.

- ☺ Imagine your baby's hands are pressed against your abdominal wall and "touch" them with yours. Does your baby consistently touch or kick one spot? Use that place to connect with her/him. I played "you push, I push" with my baby Isaac before he was born and it is one of my most precious memories of my pregnancy.
- ☺ Sing lullabies, read stories and rock your baby. Dad, your time for rocking hasn't yet arrived, but chances are you could use some brushing up on your lullaby-singing. What books are precious to you from your childhood? Introduce them to your baby now.
- ☺ Write a letter to your unborn baby. What was your reaction when you found out you were pregnant? Daddy's reaction? Grandparents? What are you most looking forward to as a new parent? The letter will make a wonderful gift to your baby, all grown up.

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by Gosline and Bossi, with Beanland
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