



Supporting the birth that is right for you!

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Bond with your Baby Before Birth! Here's How

By Rebecca Pugh

First Trimester

- This is a time of realization that you are pregnant. Your pregnancy may be your own little secret now, so share the excitement with your baby by expressing how happy you are about your baby.
- All major organs are formed but not developed, imagine a little heart beating and brain forming. What is your baby dreaming about? Ask her.
- Sex organs are developing during this time. Will your baby be a girl or a boy? Thinking of names is a common pastime. Ask your baby which names she likes best.

Second Trimester

- You should be feeling your baby move by about this time. Have fun with it! Lie down after a snack and notice the movements of your baby.
- Your baby can comfort itself by sucking its thumb! Tell your baby you care about her and do things to calm her, like singing.
- When are the active times? When are the quiet times? Begin to notice patterns in activity. She may respond to your activity. Share with your baby what you are doing each day.

Third Trimester

- Your baby's face is fully formed now. Imagine his face and what he will look like.
- Tell your baby stories about what it is like in the outside world. Your baby likes to know about you, his siblings and his family.
- Your baby can respond to light and sound. Notice if you can stimulate movement with music or by pressing gently on your belly where you feel the baby.
- Read to your baby, have siblings sing songs to her. She will recognize voices when she is born!