
Love and warmth

- ☐ Noticing baby's movements and responding with touch, kōrero or singing
- ☐ Thinking about special taonga or treasures you might hand down to baby
- ☐ Listening to music or reading aloud to baby so you can connect and relax together
- ☐ Wondering and talking about what your baby will be like
- ☐ Helping your other children prepare for their new sibling

Talking and listening

- ☐ Sharing your news with people who are important to you
- ☐ Talking with your partner and whānau about the kind of parents you want to be
- ☐ Thinking and talking about what you might carry forward from your own childhoods or what you might want to do differently
- ☐ Thinking about names for your baby

Guidance and understanding

- ☐ Talking with whānau about your beliefs and traditions around pregnancy and birth
- ☐ Getting support for any issues that are causing you stress or worry
- ☐ Learning about how your baby is growing and developing
- ☐ Learning about caring for a newborn baby
- ☐ Knowing what support is available for baby and your wellbeing once baby is born

Limits and boundaries

- ☐ Keeping alcohol out of pregnancy
- ☐ Keeping your car and home smoke and vape free
- ☐ Finding healthy ways to manage stress and look after yourself
- ☐ Thinking about what helps you feel safe, calm and supported
- ☐ Preparing a bassinet, cot or wahakura for baby to sleep

Consistency and consequences

- ☐ Having regular appointments with your midwife or other maternity care provider
- ☐ Attending antenatal or childbirth education classes, and making a birth plan
- ☐ Eating nourishing kai and looking after yourself during pregnancy
- ☐ Making time for enough rest and sleep
- ☐ Finding safe and enjoyable ways to keep active

Structured and secure world

- ☐ Talking with your partner and whānau about how they want to be involved in the pregnancy and birth
- ☐ Identifying the people you can turn to for practical and emotional support
- ☐ Thinking about welcoming baby to your world with a naming ceremony or other important ritual
- ☐ Planning who will care for your other children during the birth
- ☐ Getting clothes and equipment ready for baby, and packing a bag ready for the birth
- ☐ Learning about those in your community who can support you when baby arrives
- ☐ Deciding what you'll do with the whenua and pito (placenta and umbilical cord) after birth

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____