

Early Thoughtfulness

Aneurin Bevan University Health Board

Pregnancy:
from conception to birth



BOOKLET 1



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What were your thoughts and feelings in the first days and weeks after you found out you were having a baby?

How did the family feel? Try and think about how their reactions were the same or different, eg. mum and dad's reaction, favourite friends/relatives?

**How have your feelings changed since hearing the news?
Are you beginning to get used to the idea of having
a baby around?**

Have you had a scan of the baby?

YES ☐ NO ☐

Have you been given the scan photo?

YES ☐ NO ☐

If you had a scan, how did it feel to see your baby?



What are some of your hopes and fears for your son or daughter, during their first year in the world?



What about your own hopes and fears about becoming a mother or father?

Have you felt your baby move?

YES ☐

NO ☐

What was that like ... physically?



What was that like ... emotionally?

Are you planning to go to ante-natal classes or any other support groups?

YES ☐ **NO** ☐

What about asking your midwife about this?

What would you want to get out of these parenting classes?



At this stage, what are your thoughts and feelings about the birth itself?

Who might be at the birth or around soon after? How will they help?

Feeding: **How do you think your baby would like to be fed?**
What helped you make that decision?



Sleeping: **Where do you think the baby would like to sleep when you first go home?**



This space is for you to write down any other thoughts about your baby and becoming a parent?

Have a look at this excellent website about 'Getting to know your baby'.
<https://aimh.org.uk/getting-to-know-your-baby/>



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Liisa Hilling, Margaret Oke and Lisa Anderson, Clinical Psychologists;
Parent and Infant Mental Health Service,
Aneurin Bevan University Health Board, 2020



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