

Prenatal Parenting Makes a Difference

Being a good parent is partly something you're born with and partly something you learn. Your efforts to care for yourself, form positive relationships, and connect with your baby now are setting patterns for parenting behaviors you will use for years to come.

Nurturing

When you ...	You ...	Your unborn baby ...
> Anticipate your personal needs > Visualize the needs of your unborn baby > Recognize stressors and use self-care > Celebrate efforts and find joy	> Produce positive energy > Grow a sense of attachment with your baby > Address your emotions > Avoid or reduce stress	> Experiences comfort > Relaxes in the womb > Senses your positive emotions

Designing/guiding

When you ...	You ...	Your unborn baby ...
> Create safe, enriching environments > Have reasonable expectations > Establish healthy routines > Have supportive people around you	> Prevent injuries > Enjoy the moments as they come > Feel strong and well > Are able to manage challenges	> Is protected from harm > Grows and develops well > Becomes familiar with other joyful voices

Responding

When you ...	You ...	Your unborn baby ...
> Note and react to a physical or emotional change in yourself > Notice fetal movement and react to it > Recognize patterns and make adjustments	> Understand yourself better > Are learning about your baby > Gain the ability to describe your needs and needs of your unborn baby	> Is safe and cared for > Experiences less stress > Can feel the warmth of your touch and tone of voice

Communicating

When you ...	You ...	Your unborn baby ...
> Talk to your unborn baby > Describe your needs to healthcare providers > Talk positively to yourself	> Build a relationship with your unborn baby > Stand up for you and your baby > Feel motivated and encouraged	> Hears your voice > Will have their needs met > Associates your tone with relaxation

Supporting learning

When you ...	You ...	Your unborn baby ...
> Seek out information > Plan and practice > Play with your baby > Identify resources	> Gain knowledge about healthy prenatal choices > Build confidence in good parenting practices > Make connecting with your baby a priority > Can count on yourself and your community	> Senses your interactions > Makes brain connections > Will have a network of support