

before baby

# self discovery

*This activity can be done by birth parents, non-birthing parents, support persons, grandparents, caregivers...anyone who will be opening a new chapter of life when baby arrives. Ideally these can be shared with those around you so they can understand how you are feeling leading up to the birth.*

What I envision the first few days will be like:

Things I'm excited about for when my new baby arrives:

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When I think about me and the new baby, these words come to mind.