# Pregnancy and emotions

Sammen på vei
Nurse-Family Partnership©



Being a parent is not a matter of technical skills. It's about being present, providing love and care, and creating a secure framework. Some people feel like parents straight away. For others, it can take a while to get to know their baby.

When do you think you will feel like a "real" parent?

In what ways do you want your child to take after you?

In what ways do you want your child to take after other members of your family?

**Who is the baby you are carrying?**
Have you thought about:

- What your baby will look like?
- How will your baby think?
- Your baby's moods?
- Your baby's personality?
- How active your baby will be?

What do you think your baby will like about you



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How has pregnancy changed your life?

How has being pregnant been for you emotionally?

How do you think your partner finds you now?

What will probably change when you become a mother?

Will you be able to tackle the changes a new family member will bring – as a team?

**Here is a game you can play with your baby:**

Even though the baby is in your belly, it can feel the movements you make. Try playing “tag” (after the 20th week of pregnancy) when your baby is moving about.

- Gently press your belly. What does the baby do?
- Gently press your belly once again.
- What does the baby do?
- Does the baby push back?



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