

*Sharing • Healing • Inspiring • Nurturing • Enduring*

# S.H.I.N.E.

PERINATAL PALLIATIVE CARE



## Memory Making During Pregnancy

### Ideas for making every day count:

- Keep a journal – anyone in the family can keep a journal, even siblings
- Write letters to your baby
- Read books
- Sing or play music to your baby
- Video journal
- Personalize an outfit or blanket for your baby to wear/use
- Go to favorite family places and tell your baby about these places. Hearing is one of the first senses a baby develops and he/she knows your voices – i.e., parks
- Take photos - i.e., of your belly, of the different places you took your baby to while pregnant
- Get a belly cast
- Create a CaringBridge page
- Scrapbook
- Pick names
- Write a story about your baby
- Plan the photos you want taken while in the hospital
- Keep track of your belly measurements week by week
- Eat your favorite foods and tell your baby why you like these foods – the taste of the amniotic fluid reflects the flavors of the food we eat and often our cultural heritage
- Draw, paint, sketch, doodle, color your day
- Start a baby book
- Fill in a mother's or father's life story book about yourself and read the pages to your baby
- Guess with your friends and family on the simple things about your baby – weight, will he/she have hair, what time of day will he/she be delivered, who will he/she look like
- Take time to rest and enjoy the moments with your baby
- Take your baby swimming or to the movie
- Make a memory box
- Plant a tree, shrub, or flowers with your baby

