



Prenatal Pause and Repair

Handout JS29

Being a perfect parent just isn't a realistic expectation! Sometimes we get disconnected from our baby and we aren't always as nurturing as we wish we had been. The good news is that parents can pause and repair by taking time to apologize to their baby even while pregnant.

ALL parents make mistakes. *It's normal.* If you ever find yourself feeling like you didn't handle a situation the way you had wished, you can use the questions below to pause and repair with your baby.

When you take time to work through these questions, you remind your baby that they're loved, secure, and valued.



- 1. ? What did I do that caused a _____ from my baby?
- 2. ? How might my baby _____ about this?
- 3. ? What can I say or do to _____ my baby that I understand _____ this made them feel?
- 4. ? How can I communicate to my unborn baby that they're not to _____?
- 5. ? How can I remind my baby that they're _____, _____, and _____?

Word Bank:

valued safe show blame how
feel loved disconnection



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- ❓ What did I do that caused a disconnection from my baby?
- ❓ How might my baby feel about this?
- ❓ What can I say or do to show my baby that I understand how this made them feel?
- ❓ How can I communicate to my unborn baby that they're not to blame?
- ❓ How can I remind my baby that they're safe, loved, and valued?

