
Helpers

Week 26 of 40


Activity



Advice

Almost finished with your second trimester already!? Time to start thinking about helpers if you have not already!

Your life is about to go through a huge overhaul with having a new family member, especially if it is your first! Please don't be afraid to accept and ask for help! It will make life a little easier on everyone!



Ice cream sculpture time! Buy a block of ice cream and take it completely out of the package in one big chunk. Slap it on the table and take some spoons, scoopers, and knives and attempt to sculpt something! Tip: eat the leftovers!

Discussion Points

- *Is there a family member that is planning on visiting to help when the baby is born?*
- *Are there specific jobs Daddy can help with that would help Mom during the transition?*
- *What is something you are really worried or stressed about for when the baby comes? Is there something you can do now to help prepare?*

Goal

Look into getting into a Mommy and Me class in your community! It is a great way to meet other people who have children the same age as yours! That can really come in handy sometimes, and is great for play dates!