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# Bun in the Oven


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## Great for FHE!

If you have not already, start the tradition now of having FHE, or Family Home Evening, once a week with your family!

Since you are pregnant for 40 weeks (give or take), and there are 40 Bun in the Oven topics, it is perfect for FHE while you are expecting!



40 weeks of worth of discussions you can have with your spouse while you are expecting!

Helps bring up topics each week you might not otherwise think of.

Also has a fun activity each week to help keep the spark alive in your relationship with each other!

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# 1<sup>st</sup> Trimester

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## Main Topics

Congrats you are Prego!

Mama's Health

Wants vs. Needs

Mommy and Daddy in  
Love

Blue, Pink, or Surprise?!

Baby Names

Doctor, Midwife, Doula?

Costs/Insurance


Family Traditions

On the Topic of Advice

Feeding Baby

Diapers

Babymoon



Weeks ~

1 through 13



## Quote:

*I'll Love you Forever,  
I'll Like you for Always,  
As Long as I'm Living,  
My Baby you'll be.*

*~Robert Munsch*

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# Congrats you are Prego!

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Week 1 of 40

## Activity

Pick a special treat that both of you love to eat and cook it together! Eat it to celebrate this happy news!




## Advice

Enjoy your pregnancy! You will never get the experience with this baby again!

Take pictures every week in the same pose with the same background, so you can see how you grow!

Sign up for a weekly e-mail so you can see how your baby is growing each week!



## *Discussion Points*

- *How do you feel about being pregnant?*
- *What are you looking forward to most?*
- *Is there anything you are worried about?*
- *When is the due date? What will be happening during that time of the year?*

## Goal

Start a pregnancy journal! Take time once a week to write down some things about your pregnancy so you can remember what you experienced! Would go great with weekly pictures!

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# Mama's Health

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Week 2 of 40

## Activity

Go on a walk together! Walking is an excellent thing to do when you are pregnant! While you are on the walk, hold hands, and reminisce about your first date!




## Advice

One word: Kegels! Don't know what they are? Find out!

There are lots of healthy snacks that can fulfill your salty and sweet cravings!

Did you know you only need about 300 extra calories per day while pregnant?

Every pregnancy is different, do a little research to find out about common health problems during pregnancy so you can be prepared for anything that comes your way!



## Discussion Points

- *How can we improve your eating habits during pregnancy? (Doing it together will make it easier on mommy!)*
- *Are there any health issues that run in the family that have to do with pregnancy you are worried about?*
- *What kind of health care are you interested in? Midwife, Doctor, Doula? Do some research and find out what is best for you!*

## Goal

Research healthy weight gain and see what is right for you. Make some goals together that have to do with maintaining a healthy weight, good nutrition, and exercising for your pregnancy. Every pregnancy is different so it might not turn out the way you plan, but at least now you have a great start in the right direction!

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# Wants vs. Needs

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Week 3 of 40

## Activity

Play a board game or card game together! Winner gets a massage from the other!




## Advice

There is a huge amount of merchandise for babies out there, but how much of it does your baby really need?

Hand me downs, garage sales, and Craigslist! Ask around before buying a lot of things for baby brand new, you can save tons of money!

What your baby really needs most is your love and attention!



## *Discussion Points*

- *What does a baby really need?*
- *Are you ok with using used baby things, like clothes, blankets, furniture?*
- *Where is all this stuff going to go?*
- *If there is one want you really want to get for baby, what would it be?*

## Goal

Talk to some friends and family members who have recently had a baby and ask what they really used and what they didn't. Make a list of things you need and a list of fun things you would like to get. Set a goal together now about spending, so you can save money and worry down the road!

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# Mommy & Daddy in Love

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Week 4 of 40

## Activity

Go on a date! If this is your first child you will soon learn that after the baby comes these are few and far in-between, enjoy!

## Advice

It is easy to get side tracked with a pregnancy and raising children, don't forget to focus on your relationship with your spouse. It is possibly one of the best things you can do for your child!

A marriage is not something that is made one day and will stay that way forever, it is something that needs to be fed and nourished constantly.

## Discussion Points

- *What is the best way I can show my love for you?*
- *Are there any traditions we want to start now that can help our marriage continue to grow? (Reading scriptures or Ensign every night. Date night once a week, etc.)*
- *How should I let you know if I am feeling left out once the baby comes?*

## Goal

Start a tradition together this week! Whether it is date night once a week, reading the scriptures as a couple every night, playing a certain game together once a week, or whatever else you can think of. Plan on keeping it up, even after the baby comes. Your relationship with each other is so important; it is something you need to work on daily!

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# Pink, Blue, or Surprise?!

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Week 5 of 40

## Activity

Pop in a movie and snuggle up on the couch! You can buy a new movie both of you have been wanting to get, or if funds are tight you can redbox or borrow one!

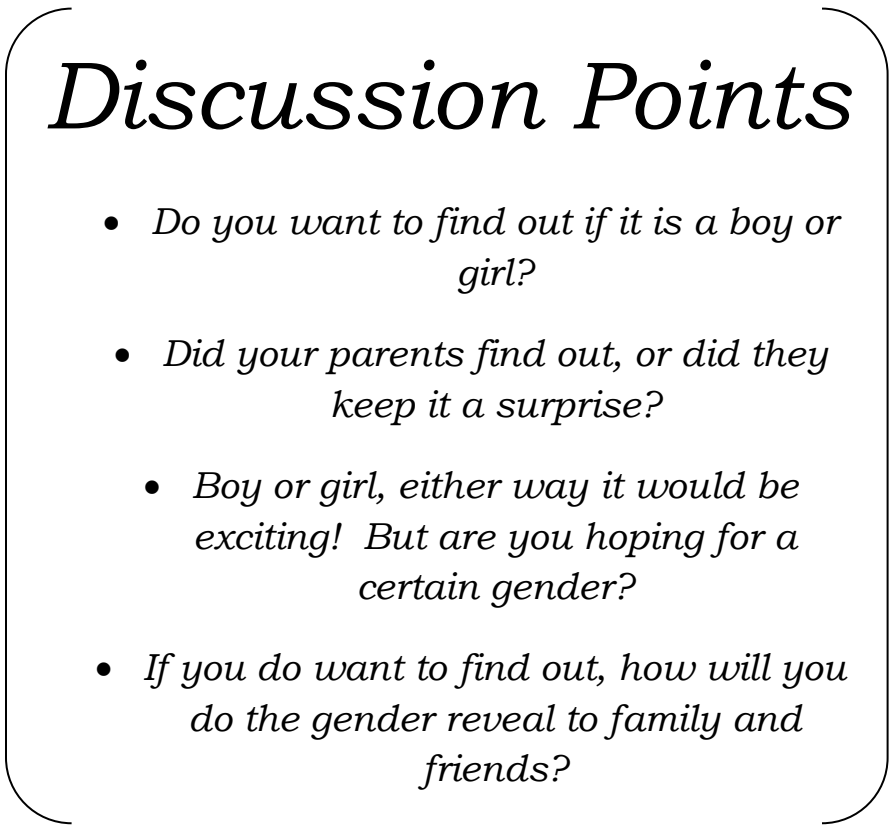


## Advice

Some people like to know just to be prepared either way!

Some people have their photographer call the doctor and surprise them in a photo shoot so they can capture you finding out what gender the baby is!

Others say waiting until the baby is born to find out the gender is the only real surprise in life anymore!



## *Discussion Points*

- *Do you want to find out if it is a boy or girl?*
- *Did your parents find out, or did they keep it a surprise?*
- *Boy or girl, either way it would be exciting! But are you hoping for a certain gender?*
- *If you do want to find out, how will you do the gender reveal to family and friends?*

## Goal

Most people find out they are expecting between 4 - 8 weeks along, and week 5 is right in the thick of it! Congrats if you just found out! Some people like to tell family right away, and then tell everyone else around the time the first trimester is over. This week start thinking of creative ways to tell everyone you are expecting! There are tons of cute ideas online!

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# Baby Names!

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Week 6 of 40

## Activity

Go to a library together! Each of you find a children's book you loved as a child and read it to each other!




## Advice

Some people say you cannot choose a name for your baby until you have met them, while others are set on family names!

Sometimes it takes couples the whole pregnancy to find a name they both love, luckily you have plenty of time!

If you want to wait to meet the baby first, maybe have a couple of names to choose from!



## *Discussion Points*

- *Are there any boy names you love?*
- *Are there any girl names you love?*
- *Are there any family names you would like to use as a first or middle name?*
- *Do you want to pick a name early, or wait to meet baby first?*

## Goal

Start a list of names you are thinking about using, both boy and girl names. Picking the name by which your child will go by for the rest of their life is a big choice! No need to make any choices right away!



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# Doctor, Midwife, Doula?

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Week 7 of 40

Activity

Have each spouse write 7 little love notes! Over the next week hide one note a day where you know your spouse will find it! Do it for longer than a week if you find that it is something you enjoy!




## Advice

Do you know what the difference is between a doctor and a midwife? Do you know what a doula is? If not do some research and find out!

There are lots of choices out there in terms of prenatal care! Make sure you chose something that is a good fit.

Don't forget to look into costs and what your insurance will pay for. Having a baby can be expensive!



## *Discussion Points*

- *Would you prefer and Doctor or a Midwife?*
- *Are you interested in hiring a doula?*
- *Next week the main topic will be about costs and insurance. Do you know what kind of coverage you have?*

*Tip: Try to find out what kind of coverage you have before next week so you can be prepared for discussion!*

## Goal

If you have not already, choose the kind of prenatal care you want for this pregnancy. Call and schedule your first prenatal visit!

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# Costs / Insurance

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Week 8 of 40

Activity

Where do you want to be 5, 10, or 15 years from now? Sit down and talk about your dreams and ideas! Make some goals now to help you achieve those dreams!




## Advice

Babies can be expensive! Don't be afraid to ask for help if you need it!

If you have saved up money to start a family, spend wisely!

Don't be afraid to look into temporary financial assistance from the government if it is something you really need!

If your budget is super tight, check out your local WIC program for food assistance!



## *Discussion Points*

- *What costs does our insurance cover?*
- *Are we able to pay the rest? How do you feel about temporary assistance from the government?*
- *What is going to happen to our budget after the baby is born?*
- *Is mom going to stay home with baby, or continue to work and hire a nanny or daycare service? What are the costs of that?*

## Goal

Do you have a budget now? If you do or don't check out this website to get some great financial advice, and improve your budget!

[daveramsey.com](http://daveramsey.com)

This website comes highly recommended by me!

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# Family Traditions

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Week 9 of 40

Activity




## Advice

Having family traditions is a great way to knit your family together tightly!

Traditions don't need to be expensive! It can be as simple as having a Game Night every Thursday!

Growing up my parents took a picture of our family every year since they got married! They now all hang on the "picture wall". It is fun to see how we grew over the years. And I love having my own picture wall in my home now!



Invite another couple over for treats and games! Try to find a game you can play as husband/wife teams! Ask them about any traditions they have now, or had growing up to get some more ideas!

## *Discussion Points*

- *Did you have any family traditions growing up in your home?*
- *Are there any traditions you would like to keep from your family?*
- *Any new traditions you would like to start?*

## Goal

Think of some family traditions you would like to have! They don't need to be complicated or costly. Your goal for this week is to start your new family tradition!

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# On The Topic of Advice

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Week 10 of 40


Activity



## Advice

As your child's parents you have the right to raise your child the best way you see fit!

You are going to get advice from so many people, much of it you are not even going to ask for. It is up to you to take that advice or not, no matter who it is from!



Buy or borrow a big puzzle and put it together, together! You can talk or watch a movie together while you do it, it might take more than a couple hours, so you can spread it out over a couple days if you want!

## *Discussion Points*

- *Have you received any advice that you like so far?*
- *Have you received any advice you do not want to take?*
- *What are some ways you can deal with unwanted advice and comments?*

## Goal

Do you have a special place where you can write down advice or ideas about parenting that you like? It is easy to forget things. Buy a journal or a spiral notebook to write things down in, and start writing in it!

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# Feeding Baby

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Week 11 of 40

Activity




## Advice

Both parents becoming educated about breastfeeding can dramatically increase the chances that you will stick with it!

While breastfeeding is a much more frugal and healthy for your baby, sometimes it doesn't work for one reason or another.

Every situation is different. Don't feel bad if it doesn't work out the way you planned.



Can you remember the first movie the two of you watched together? Watch it together again! Cook up some popcorn - if you are feeling adventurous try some new toppings on the popcorn!

## *Discussion Points*

- *Have you decided what you want to feed your baby?*
- *Have you done any research about breastfeeding? Especially how much it changes from birth to the first couple months?*
- *What if an unforeseen situation arises in which you are not able to breast feed? Do you have a backup plan?*

## Goal

Ask around, especially people you know that have had a baby in the last 6 months, about their experience with breastfeeding. Ask different people who went with different methods and what their advice would be. Remember you don't have to take all the advice you get!

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# Diapers

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Week 12 of 40

Activity

Play Bingo together! You can go to the store ahead of time to buy some fun “prizes” for the one who wins! Play blackout bingo to make the game last a little longer!




## Advice

Have you thought about what kind of diapers you want to use for your baby?

Whether you go with disposable or cloth diapers make sure you are prepared!

If you are planning on using disposable diapers, start looking for sales on diapers now and stocking up!



## *Discussion Points*

- *What are the pros and cons of disposable diapers?*
- *What are the pros and cons of cloth diapers?*
- *What is your preference, cloth or disposable?*

## Goal

Do some good research on what is involved with cloth diapers if that is what you are leaning towards. They are not for everyone. Some people prefer the convenience of disposables, while others don't mind doing the extra work that goes along with cloth diapers.

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# Babymoon

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Week 13 of 40

Activity

Go bowling together! This would be a great activity to invite a few other couples along if you can. Afterwards invite everyone over to your home and serve a yummy dessert!




## Advice

Some couples like to go on a “Babymoon” before they have their baby, especially their first.

Once the baby arrives it will be harder to find time to spend time alone together.

You can totally take a Babymoon on the cheap! Rent a hotel room from the next town over for a night, and go to a new restaurant you have never tried before.



## *Discussion Points*

- *Would you like to go on a Babymoon?*
- *What kind of Babymoon can we afford?*
- *Where would you like to go, and what would you like to do?*

## Goal

Go online right now and see how much it would cost to go on a Babymoon! Check out travel sites to see if there are any good deals out there! It might be more affordable than you think!

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# 2<sup>nd</sup> Trimester

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## Main Topics

Announcing Pregnancy

Responsibilities

Pictures

Stressed?

Scripture Study

Baby Shower

Half Way There!

Revisit Mom's Health

Discipline

Family Income

Baby Talk

MTC At Home

Helpers



Weeks ~

14 through 26

## Quote:

*Being a mother means that  
your heart is no longer  
yours; it wanders  
wherever your children do.*

*~Author Unknown*



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# Announcing Pregnancy

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Week 14 of 40

Activity

What was your favorite comic in the newspaper as a kid? Each of you look up some of your favorite comics from then, or now, online and share them with each other!




## Advice

Welcome to the 2<sup>nd</sup> Trimester! Many couples choose to wait until they get into the 2<sup>nd</sup> Trimester to announce to everyone they are expecting!

Have you decided how you are going to tell everyone yet?

There are so many fun ways you can announce you are expecting! If you need some ideas Google it!



## *Discussion Points*

- *How do you want to announce to everyone we are expecting?*
- *Have you seen any ideas you really like online?*
- *If you have already told everyone, and are going to find out if the baby will be a girl or a boy, think about ways you can do that when the time comes!*

## Goal

Have you looked into any birthing or parenting classes yet? If not you really should! You can find classes at different clinics and even from a hospital that you can sign up for!

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# Responsibilities

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Week 15 of 40

Activity




## Advice

A couple should share parenting responsibilities!

Sometimes having specific things mom or dad can do gives relief to the other.

For example my husband always gave our daughter her bath, I was home with her all day, it was nice to have something to look forward to at the end of the day that I didn't have to do.



Is there something you have always wanted in a dream home? Write down ideas together and sketch out a floor plan putting your ideas together!

## *Discussion Points*

- *Traditionally it is the mom who stays home with the baby and takes most of the responsibilities. Is this what you are planning on?*
- *If not what are your plans?*
- *Can you think of some specific things that mom or dad is going to do once the baby comes?*

## Goal

Ask family or friends what responsibilities they share as a couple. Continue to think and talk about what responsibilities you want to have separately or share, maybe make some notes to remember for future reference.

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# Pictures!

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Week 16 of 40


Activity



## Advice

The time you are pregnant may seem long, but in the whole scheme of things it is actually quite fleeting!

It can be a very magical wonderful time! It is amazing that your body is able to build another human being from scratch! Consider getting some maternity pictures taken while you are pregnant, so you have some nice pictures to remember this fun exciting time!



Find some baby pictures of each of you and sit down together and look at them! Try to guess which traits you think the baby will have!

## *Discussion Points*

- *Do you want to get maternity pictures done?*
- *When do you want to get them taken? (It is encouraged to get them taken between 32-38 weeks along.)*
- *Do you know any photographers or have friends that could do the pictures so they won't cost as much?*

## Goal

Look around at other maternity picture ideas (Pinterest can really be your friend here). See if it is something you are interested in! Depending on the time of the year you might want to book your session early so the photographer can fit you in his schedule!

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# Stressed?

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Week 17 of 40


Activity



## Advice

Multiple studies have shown that stress on an expectant mom can have effects on the baby too.

There are lots of little things you can do to lower your stress level, if your stress is high. Try doing a little yoga or going to bed early more often. Eating healthier and moderate exercise, approved by your doctor first are some other great things to do too!



Try a nice relaxing date tonight! Go to a book store like Barnes and Noble and pick a couple books out to look at together. If you still haven't decided on a baby name it would be a great chance to look at a baby name book!

## *Discussion Points*

- *Do you think Mommy's stress is a little high?*
- *Is there something that is generally the cause of the stress?*
- *Are there any issues you can see coming up later in the pregnancy that could cause a lot of stress.*

## Goal

Set some time aside for you every day. At least 20 minutes where you have no obligation or anything to do. Read a book for fun, knit or crochet, watch a favorite tv show. Don't plan it out just do what you feel like and don't multi task! Just relax.

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# Scripture Study

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Week 18 of 40

Activity

What are your favorite scriptures? Read them to each other and talk about why it means so much to you!

## Advice

Having scripture study with your family from the time they are young, can help strengthen their testimonies and help prepare them for their missions.

Check the Family Night website [familynight.weebly.com](http://familynight.weebly.com) for some great ideas on reading the Book of Mormon with younger children. It is a fantastic way to read the Book of Mormon, my daughter practically begs us to read scriptures every night!

## Discussion Points

- *Did you read scriptures as a family at night growing up?*
- *Is it important to you to read scriptures at night with your child?*
- *What are some ways we can make reading scriptures come alive and help apply them to your lives and the life of your child?*

## Goal

If you don't already read the scriptures every night or morning as a family start! If you have a hard time getting in the habit try reading at least one verse a night. It will strengthen your family and bless your lives in ways you never thought possible!

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# Baby Shower!

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Week 19 of 40


Activity



## Advice

Having a baby shower is a great way to get some of the things you need and some of the things you want for your new arrival!

It is about time to start thinking about how the baby shower is going to be put together! Usually relatives, coworkers or friends will put it together for you. Has anyone offered yet? If not maybe start bringing it up so someone will!



Start a family blog! If you haven't already started a family blog, you should! Not only is it a great way to write down things to share with family and friends, but later you can print it out as a family year book!

## *Discussion Points*

- *Has anyone offered to throw you a baby shower yet?*
- *If not, is there someone you have in mind you would really like to throw you the shower?*
- *Modern baby showers can be different! Sometimes even the guys come too! Is that something you are interested in, or do you want it to be just the ladies?*

## Goal

The best time to have a baby shower is between 7-8 months along, that way you can still buy the things you didn't get at the shower before the baby comes! Ask around and see what other people have done to get an idea of what you would like!

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# Half Way There!

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Week 20 of 40

Activity

Go on a date to your favorite restaurant for dinner! Celebrate the half way mark by getting a yummy dessert!

## Advice

Congrats! You are ½ way there! Only 20 weeks left to go before your little one will be in your arms!

Enjoy the time left you have with your pregnancy! It does seem to last forever, but when you look back it seems like it all happened too fast!

## *Discussion Points*

- *How has the pregnancy been so far?*
- *How do you feel like your relationship with your spouse is right now? Is there anything you can do to improve it?*
- *What are you looking forward to most when the baby comes?*
- *How is your diet and exercise going? Remember, it is important for you and your baby!*

## Goal

Take some time to sit down and write a list of things that need to be done before baby comes! Do you need to decorate a nursery? Make some freezer meals? Look for child care? Decide where you are going to deliver the baby? Make a checklist so it is easy to remember what you still need to do!

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# Revisit Mom's Health

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Week 21 of 40

Activity




## Advice

Now that you are half way done with your pregnancy it is a great time to review how your eating and exercising goals have been going!

If you have been doing good, keep going! If you haven't been doing so great – today is a great day to start!

There are lots of healthy alternatives to cravings you might have during pregnancy!



Make a healthy treat together, like a yummy fruit salad! Then sit down together and have a YouTube night! Watch some of your old favorites or watch some you have been wanting to see!

## *Discussion Points*

- *How much weight have you gained? Is it in a healthy range according to your doctor?*
- *Have you been able to keep up an exercise program?*
- *Is there anything you could be doing better health wise for the rest of your pregnancy?*

## Goal

Look up some healthy snack and meal ideas! It is easier and cheaper than you might think to eat healthy!



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# Discipline

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Week 22 of 40


Activity



## Advice

There are many different ways to discipline your child. Sometimes depending on the child and the situation you need to change your form of discipline, but for the most part you need to be very consistent, and on the same page.

I heard this bit of advice once that I choose to live by. Correct your child the way they correct people in the temple. Take them aside and quietly explain what they need to do differently. It is difficult not to raise your voice, but worth it!



Have a wish date! Find some pennies around the house, or get a roll from the bank. Go somewhere with a fountain and throw them in one at a time making a wish with each one!

## *Discussion Points*

- *How were you disciplined as a child?*
- *How do you want to discipline your child? Do you both agree?*
- *Do either of you have a temper that is easy to get out of control? It is easy to start yelling. What can you do to keep under control?*

## Goal

It might take more than one night, but sit down together and decide how you want discipline your child. After you decide narrow your philosophy down to one sentence, then display it somewhere where it can be a constant reminder!

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# Family Income

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Week 23 of 40


Activity



## Advice

Your family is going to increase by a whole person! How is this going to affect your family income? It might change quite a bit especially if mom is going to stop working.

Are there any cutbacks you are going to need to make? A baby can cost more than you might think! Making smart decisions and sticking to a budget can really help!



Go to a dollar store together! You each get \$3 to spend on something on the other person! Go through the checkout separately then surprise each other! Try to find things you can do on your date to give each other!

## *Discussion Points*

- *Is your family income going to change?*
- *Do you need to make any cutbacks? Is there a certain thing you know you tend to waste money on?*
- *It might be a good time to revisit what the difference is between wants and needs. Are you focusing on needs instead of wants?*

## Goal

Do you have any big items you still need to buy before the baby comes? Like a crib, car seat, or stroller? Ask around for hand me downs before you buy them, could save you lots of money!

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# Baby Talk

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Week 24 of 40

Activity




## Advice

How do you plan on talking to your child? Sit down for a minute and think about it.

Are you planning on trying sign language? If you are you should start getting the basics down now!

Don't be afraid to use big words when you talk to your child! It is a great way to build their vocabulary and encourage proper speaking habits!



Come up with a secret language for mom and dad! Decide together on a secret way you can tell each other you love him/her. It can be a word or an action, or a combination of both! Once you have decided what it will be, make a goal of doing it at least twice a day!

## *Discussion Points*

- *Do you want to use sign language when your baby is younger?*
- *Are you going to use a pacifier? Is there something different you want to call it?*
- *What is your child going to call their grandmas and grandpas?*

## Goal

When babies first come home they wear a lot of socks and hats to keep them warm. Make sure you have both newborn sizes and the next size up! Babies can surprise you on how big they come out and how fast they grow!

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# MTC @ Home

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Week 25 of 40


Activity



## Advice

Almost right after your child will be old enough to venture out on their own they will be old enough to serve a mission! I know that is far in the future but it is important to start teaching them the Gospel early at home so they can have a strong foundation!

That is where you come in! Having FHE, scripture study, and giving service are only a few of the ways you can help prepare them!



Your child will rely heavily on your testimonies growing up! Write your testimonies out on a piece of paper and then switch and read each other's! Talk about what stood out to you most when you read it.

## *Discussion Points*

- *Do you already receive the Ensign? Have you considered starting to order the Friend too?*
- *Did your parents do something you really liked growing up that is gospel related?*
- *What are some of your ideas to help prepare your child to serve a mission?*

## Goal

Invite the missionaries over to your home for dinner if you can! Ask them if there is something their parents did that helped them prepare for their missions! If you cannot invite them over, write a letter to one from your home ward!

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# Helpers

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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!

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# 3<sup>rd</sup> Trimester

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## Main Topics

Baby Proofing Your Home

Ask Around

FHE

Go Bag!

Freezer Meals

Announcements!

First Couple of Weeks

Delivery Part 1

Delivery Part 2

Delivery Part 3

Postpartum Health for Mom

Plan for Plan B

Big Date!

Sleep



Weeks ~

27 through 40

## Quote:

*No one else will ever know the strength of my love for you. After all, you're the only one who knows what my heart sounds like from the inside.*

*~Author Unknown*

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# Baby Proofing Your Home

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Week 27 of 40

Activity


For this activity you will need a pair of shoes (boots would be good) and a camera! Go out and create a photo log of a day in the life of the invisible man! Get creative!



## Advice

When the baby first comes home, it is true that they won't be able to crawl around, but they do grow faster than you think!

Taking steps like putting safety plugs in the electrical outlets, putting locks on cabinets, fastening larger furniture like bookshelves to the walls, and trying to keep things picked up off the floor are some things you can start doing now!



## *Discussion Points*

- *What can we do to baby proof our home?*
- *What do we have in terms of baby first aid? Have you looked up the proper way to do baby CPR just in case?*
- *Walk around your home and see what you need to do in order to baby proof your home, make a list of things you need to buy/do!*

## Goal

Go to the store and look at things that are specifically for baby proofing your home. They will cost a little bit, but having a safe home is well worth any cost! If you cannot buy everything now, buy a couple of the cheap things and start baby proofing!

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# Ask Around!

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Week 28 of 40


Activity



## Advice

The baby is coming sooner than you think! If this is your first, there are so many things you are going to learn! The hard thing is there is only so much you can do to become prepared!

Asking around is a great way to get a heads up on things. Facebook does not count! I am talking about real conversations with people who have had a baby, preferably recently! Ask them what they love, what they don't love and what the most surprising thing was to them about becoming a parent. But remember you don't necessarily need to take their advice if you don't agree!



Both of you pick your favorite book, and read the first chapter out loud to each other! Then you can discuss why you love the book, and maybe plan some time to read the rest of the book to each other!

## *Discussion Points*

- *Who are some people you want to talk to about having a new baby?*
- *Is there something you are really worried about? (Tip: write down different ideas so you can remember what to ask!)*
- *What, in your mind, is the best advice you have received so far? Who did it come from and why do you feel like it is the best?*

## Goal

Talk to some moms! Church is a great place to do this! Also if you have some close relatives that have just had a baby talking with them over the phone or with Skype is a great way to ask questions! Being a parent is hard! Don't try doing it alone! Ask at least 3 different people something about having a baby!



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# FHE

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Week 29 of 40

Activity




## Advice

It is recommended that you have FHE or Family Home Evening every week with your family!

Congrats to the people already using this Bun in the Oven lessons for their FHE, great start!

FHE has the ability to really bring families closer and gives parents and children the opportunity to teach and learn from each other! We have heard many times that the family is essentially being attacked in modern day society. FHE is a great way to keep is strong.

FHE does not have to be 1 hour long and include lots of deep doctrine! You can keep it short and sweet!



Make some S'mores! Gather together some graham crackers, marshmallows and chocolate and cook up some yummy treats! If weather permits go to a park and use a campfire or BBQ. If not, use your stove or something else you have at home!

## *Discussion Points*

- *Did you have FHE in your home growing up? If yes: what did you like about it?*
- *Inviting friends over for FHE when your family is small makes it more fun! Who are some couples / families you want to invite?*
- *What can you do now to prepare for FHE with your little one? (Tip: see Goal!)*

## Goal

Look at the [familynight.weebly.com](http://familynight.weebly.com) website at some of the examples for FHE lessons I have put together for infants and toddlers! They are short and sweet! All of them are under 5 minutes long (excluding activities), and most come from the Behold Your Little Ones Nursery Manual! See if you like the ideas!

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# Go Bag!

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Week 30 of 40

Activity

Play Scrabble together, if you don't have it see if you can borrow one from a friend! Winner gets to pick a treat for you to share!

## Advice

The Go Bag! It can be kind of crazy putting it together, many first time mom's pack way too much! Your time in the hospital will go faster than you think!

Do a little research and put together what you want in your go bag! You can put more things in later, or even take more out. But start getting it ready now so you have one less thing to be stressed about!

## Discussion Points

- *What will mommy need in the Go Bag? Think comfort!*
- *Does daddy want to bring anything to keep him busy? We brought a couple seasons of our favorite show to help the time pass!*
- *What do you need to pack for baby? It would be good to pack things for baby in your diaper bag!*

## Goal

Start Packing your Go Bag! Or at least making a list of things you want to bring! Don't forget to pack for the whole family, but only pack what you think you will really use! Ask around (favorite saying of mine☺) to see what others used and what they didn't!

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# Freezer Meals

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Week 31 of 40

Activity


Try to pick a day this week to wake up early and watch a sunrise together! Afterwards make breakfast together...maybe you can even go back to bed and eat it together!



## Advice

Have you thought about making some freezer meals ahead of time so you have some easy meals for when the baby comes?

There are some super yummy ideas out there, just check out Pinterest and look for freezer meals or crock pot meals. It can make life much easier for the first couple of weeks! Plus it can save you some money too!



## *Discussion Points*

- *Do you have any meal ideas you want to try?*
- *Is there anything else you can do meal wise to prepare for when you bring the baby home?*
- *Have you heard of crockpot liners? They make clean up even easier!*

## Goal

Make a new crockpot meal sometime this week! There are lots of yummy ideas. Try a chicken taco stew or a pasta meal!

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# Announcements!

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Week 32 of 40

Activity




## Advice

Many couples like to send out announcements after the baby is born! But many don't – you decide what is right for you!

If that is something you are interested in, look around at some ideas now to make it easier to pick one when the time comes.

You can even design it and save it so all you need to do is add pictures and print! Keep on the lookout for good deals!



Go to a local high school sporting event! Whether it is football season or basketball season, they are pretty inexpensive to attend. Why not pick up a snack from the concession stand?

## *Discussion Points*

- *Do you want to send out announcements?*
- *If you do, are you going to have newborn pictures taken to use with the announcements?*
- *Who are you going to send the announcements to? Make a list now so it is easier to get them out when the time comes!*

## Goal

Look around at some different ideas, and see if it is something you are interested in!

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# First Couple of Weeks

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Week 33 of 40

Activity

Take advantage of the season! Fall? Carve some pumpkins! Winter? Build a Snowman! Spring? Hide Easter eggs for each other! Summer? Water balloon fight!




## Advice

Bringing a baby into your family and home can be a huge adjustment.

Make sure you have things in place to help make that adjustment a little easier.

Having baby things placed around the house in places where you might need and use them. And stocking up on things mom will need for her postpartum health will be sure to make things easier!



## *Discussion Points*

- *Are there any big items things you still need to get for baby?*
- *Have you stocked up on diapers, cloth or disposable?*
- *Were you able to get someone to come and help once the baby comes?*

## Goal

About 2 months until the baby comes! Have you had your baby shower? If so, it is time to get the rest of the big things you need! And other little things to help you get through the first couple of weeks!

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# Delivery Part 1

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Week 34 of 40

Activity




## Advice

A due date is only a guess! Full term can be anywhere from 37 to 42 weeks!

Many health care providers are comfortable waiting until 42 weeks before inducing or scheduling a C-section.

No need to rush to the hospital when you feel your first contraction, many couples are turned away and sent home because they come in too early!



Learn how to make a new dinner together! It is easy to get stuck in the same old rut! If you are looking for ideas look at the menu of your favorite restaurant and try to recreate it!

## *Discussion Points*

- *Do you know how your health care provider feels in terms of waiting until 42 weeks?*
- *Have you learned the early stages of labor, so you can be more prepared?*
- *What are you most nervous about in terms of delivery?*

## Goal

Take some time to sit down together to learn about the early stages of labor and how long they can last. If you have not already start writing what your birth plan is. But remember it is only a plan! Be ready for a plan B too!

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# Delivery Part 2

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Week 35 of 40

Activity



## Advice


Some Tips for Daddy:

Know what the birth plan is so you can be supportive but realize it can easily change. Be willing and ready to change at any time!

Encourage her, please don't try to sympathize!

Encouragement is much more helpful!

Don't give *all* your attention to the baby after it is born! Make sure mom is doing good too!



Take a tour of where you are going to have the baby! Check out what it is like there so you know what to expect! Walking through the process might help you think of something you want to bring for when it is time!

## *Discussion Points*

- *What are some things mom would like dad to say during labor?*
- *Sometimes you can be in the hospital for a while, is there something you can bring to do while you are waiting?*
- *What would be the most helpful thing dad can do for you during labor?*

## Goal

Be as open with each other as you can about preparing for labor. Share your worries and hopes. It can be a scary thing sometimes - but I find having someone there to hold your hand and support you makes it much better!

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# Delivery Part 3

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Week 36 of 40

Activity




## Advice

Walking around a lot during early labor! Many people believe this helps labor go quicker!

Most of the time the doctor or midwife are there to check in once in a while and to “catch” the baby, so don’t expect them to be there the whole time!

Don’t be surprised how much your body might change after child birth! Especially the first 24 hours, be prepared for some crazy hormone changes!



Choose the coming home outfit together! It is so exciting to bring your little one home for the first time! You don’t really get many chances to dress a newborn up, but this is one of them! Have fun!

## *Discussion Points*

- *Are you planning on having an epidural? Or open to the idea?*
- *Have you looked into Lamaze classes? Breathing is huge during labor!*
- *When have you decided to head to the hospital? 5- 7 minutes apart? Maybe a little closer together?*

## Goal

Have the go bag ready by the end of the week! Having the go bag ready can help ease some of the jitters you may be getting! Look around online and ask friends about what is essential to have in your go bag for some ideas! There may be something simple you left off your list!



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# Postpartum Health for Mom

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Week 37 of 40

Activity




## Advice

Mom's body is going to go through a lot of change! Be aware that hormones might be going a little crazy.

Have you been doing your kegals? If you haven't it isn't too late yet!

Postpartum depression is more common than you might think, be aware of the symptoms!

Realize that it took nine months for mom's body to get the way it is, don't expect it to be back to normal right away.



Time for another walk! Go to a place with a lot of people like a mall or a park. Walk hand in hand and make up stories for the people that you see! Be creative and have fun!

## *Discussion Points*

- *How has mom's weight gain been during the pregnancy?*
- *Do you know what the symptoms of postpartum depression are?*
- *Do you know what Diastasis Recti is? Starting to work those muscles as soon as you are able will give you a great head start!*

## Goal

Look up some common postpartum issues together. Be ready to be open with each other after the baby comes about what is going on. Be ready for changes that will come! Make a plan to help mom get back to her old self - if dad joins in on the fun it will make it easier for mom!

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# Plan for Plan B!

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Week 38 of 40

Activity

Go to bed early! The rules are: lots of snuggling and day dreaming about your new arrival that is coming soon!




## Advice

If you are anything like me you love to plan, and one of the only things you love more is when the plans go exactly like you want them to!

My advice for anyone who is pregnant or has children – always plan on plan B! You don't have to plan on the worst case, just something different than you had planned!

And then even after that realize that it will probably change too! Don't get hung up on something not going the way you wanted, just be content with the way things turned out!



## *Discussion Points*

- *How can you support each other if something unexpected happens?*
- *What can you say to each other that will help remind you to live in the moment and be thankful for what you have?*  
(See Goal)

## Goal

You are going to learn a ton of new things being new parents, and babies are well known for all nighters! Think of a phrase you can tell each other when you are having a particularly hard time, and things are not going the way you planned. It can be funny or comforting, but maybe it will help you focus on what you have, not what you wanted! Which usually brings much more happiness!

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# Big Date!

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Week 39 of 40

Activity

Plan a couple dates for this week! They can be something like dinner and a movie, and just enjoy spending time together alone!




## Advice

You are so close to having your little one join your family! Congrats!

I was overdue, and my daughter showed no signs of coming any time soon, so my doctor wanted to induce me. Right before we went into the hospital we went on one last date, just the two of us to one of our favorite restaurants!

Once the baby comes it will be difficult to find time just to yourselves, and I treasure that date we had together!



## *Discussion Points*

- *Where do you want to go on your last date together?*
- *Is there anything else you want to do, just the two of you, before the baby comes?*
- *Do you have any babysitters lined up so you can still go on dates once in a while after your baby comes?*

## Goal

Plan where you would like to go, or what you would like to do on your last big date! Remember to treasure the occasion!

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# Sleep

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Week 40 of 40

Activity




## Advice

You made it! Week 40 out of 40! This week talk to each other about sleep!

The importance of sleep cannot and should not be underestimated! Newborns come and they wake up many times during the night – that is just the way it is.

Make sure you are both getting enough sleep – especially mom right after the baby comes home! Mom's body has a ton of readjusting to do, and sleep can really help!



Marathon Movie Date! Spend a movie, or two, or three snuggled up on the couch! Some good suggestions: Mighty Ducks, Toy Story, Harry Potter, Lord of the Rings, Pirates, Indian Jones, Star Wars, Rocky or Back to the Future!

## *Discussion Points*

- *How much sleep do you need to function correctly (for some people it is more, and for some less)?*
- *How can we let each other know when we need a little extra rest?*
- *What will be the protocol at night when the baby wakes up?*

## Goal

Relax! You have been working hard, and soon you will be working even harder. Take some time this week to relax and enjoy the last moments of being pregnant!