

2nd Trimester

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Weeks ~

14 through 26

Quote:

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

~Author Unknown

Announcing Pregnancy

Week 14 of 40

Advice

Welcome to the 2nd Trimester! Many couples choose to wait until they get into the 2nd 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!

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!

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!

Responsibilities

Week 15 of 40

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.

Activity

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.

Pictures!

Week 16 of 40

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!

Activity

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!

Stressed?

Week 17 of 40

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!

Activity

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.

Scripture Study

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 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!

Baby Shower!

Week 19 of 40

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!

Activity

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!

Half Way There!

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 $\frac{1}{2}$ 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!

Revisit Mom's Health

Week 21 of 40

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!

Activity

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!

Discipline

Week 22 of 40

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!

Activity

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!

Family Income

Week 23 of 40

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!

Activity

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!

Baby Talk

Week 24 of 40

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!

Activity

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!

MTC @ Home

Week 25 of 40

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!

Activity

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!

Helpers

Week 26 of 40

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!

Activity

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!