
3rd Trimester



Main Topics

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FHE

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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

Baby Proofing Your Home

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!

Ask Around!

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!

FHE

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 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!

Go Bag!

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!

Freezer Meals

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!

Announcements!

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!

First Couple of Weeks

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!

Delivery Part 1

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!

Delivery Part 2

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!

Delivery Part 3

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!

Postpartum Health for Mom

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!

Plan for Plan B!

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!

Big Date!

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!

Sleep

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!