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# Overdue?

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Week 41 of 40

Activity




## Advice

Yes you see it correctly week 41 out of 40. Been there, done that!

But don't worry, your baby might just need a little more time to grow before they make their arrival! Doctors usually don't wait past 42 weeks, so at the very most you only need to stick it out one more week!

In the meantime, relax! Enjoy life as it is, and imagine how amazing it will be to hold your little one in your arms soon! It will come so much sooner than you think!



Take the extra time you have before your baby comes to write them a letter! Mom and Dad each write a letter to your child about how you are feeling, and what you are worried and excited about! What a cool gift to give your child when they are expecting their first child?!

## *Discussion Points*

- *What are you looking forward to most when the baby comes?*
- *Do you have everything ready for when the baby comes home?*  
(See goal)
- *Have you gone through the go bag recently? Make sure you have everything you need!*

## Goal

Go through all the baby things and make sure you have everything you need! Make sure to stock up on some healthy snacks too!