Pregnancy can be daunting. Prenatal gadgets tempt expecting mothers at every turn, as the market is saturated with ever-changing options for mommy, daddy and baby. But underneath it all, we are simply driven by a common desire to fulfill the ideals of motherhood and to connect with our babies. Stroller technology alone is enough to baffle the mind. Maybe next year we'll see an organic, Tempur-Pedic stroller manufactured with recycled diapers that makes the Orbit seem old-school. It will cost a small fortune, of course, but will elevate one's eco-parenting status beyond compare.

As our bellies expand, advice from sisters, mothers, friends and countless strangers streams in, solicited or not. Somehow, even when seasoned women talk about their choices and experiences in pregnancy, labor or motherhood, there is often a tinge of pressure. The subtext of these conversations, consciously or not, urges budding moms to either “be like me,” or “avoid my calamities and regrets.”

The feedback from other mothers might even be paradoxical: “You should do what I did, even though I don’t feel great about the choices I made. I wish I knew what you know now.” Of course, these other moms don’t intend to create a sense of insecurity, contribute to anxiety, or manifest feelings of stress and depression. Nevertheless, some pregnant women report having an uncomfortable, nagging sense of unrest as they approach this transformative time in their lives.
Connecting with Baby Before Birth

Written by Jessica Zucker, Ph.D.

Wednesday, 01 September 2010 00:00 - Last Updated Tuesday, 08 October 2013 12:49

Pregnancy can be daunting. Parenthood is the new norm for many in today's society. But how can we embrace this transition? Here are some tips on how to connect with your baby before birth:

Be Generous

Take moments to reflect on what you truly feel, what your gut reactions are, and what feels right for you. Some women don't necessarily feel overjoyed by all of the elements of pregnancy or parenting, but rather find themselves feeling sad, anxious, or overwhelmed. For those who thoroughly enjoy pregnancy or want to be a full-time, stay-at-home mom, be true to those feelings as well. Honor that which is deeply you.

Be Bold

Pregnancy is an opportune time to invite women to focus on their developing babies in utero—slow down and create space for connection, prenatal bonding, reflection and wonderment. Instead of spending all of your time thinking about whether the next generation of strollers should have a built-in iPod and solar panels, that's an excellent opportunity to get familiar with the feelings associated with parenting, rather than resisting them. Pregnancy is a time to connect with your developing baby, not to be spent trying to become preggo-proof or pre-baby-proof. Instead of spending all of your time thinking about whether the next generation of strollers should have a built-in iPod and solar panels, that's an excellent opportunity to get familiar with the feelings associated with parenting, rather than resisting them.

Be Curious

Prenatal movements, talking or singing to your baby in utero, or touching your baby "bump" as you feel might inhibit postpartum bonding. Be Curious. Instead of spending all of your time thinking about whether the next generation of strollers should have a built-in iPod and solar panels, that's an excellent opportunity to get familiar with the feelings associated with parenting, rather than resisting them.

Be Connected

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Be True

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