

## A Letter to Your Baby: Getting it Down on Paper

### Instructions:

1. Take the time to write a letter to your baby about the feelings you have. If you would rather not write, you can talk, and capture your thoughts and feelings through a recording app on your phone.
2. Tell your baby about:
  - What you noticed about the way they behave? What do they do that is funny or interesting? When are they the most active? What do they respond to?
  - How have you been feeling?
  - What have you been doing to prepare for the arrival of your baby?
  - How are other family members are behaving or feeling?
  - What are you most excited about?
3. Read the letter out loud to your baby and other family members.

### Materials:

- Pen or Pencil
- Blank paper or cellphone and recording app on your phone



### How to extend the activity:

As thoughts come to you throughout your pregnancy, jot them down on paper and place them in a jar or small container. When your baby is born, you will have a “bank” of memories to share with them.

### What we learn:

- There are so many things to look forward to and so much excitement during this special time. Putting our feelings down on paper, or saying them aloud, helps us reflect on our experience in a different way.
- You can keep this letter for the future; add it to a scrapbook or memory folder. You can read it to your baby some day!