

Lesson Instructions

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Suitable for: All pregnant clients, ideally early in their pregnancies, to help them bond with their unborn babies.

Time Frame: Ideally early in the pregnancy, but effective anytime.

Lesson Objective: To promote early bonding between the mother and unborn baby and to foster an awareness that her actions and emotions impact her unborn child.

Instructions: Copy the DVD worksheet and give to your client. Play the DVD, *Bonding with Your Unborn Baby*.

Discussion Questions: Use the discussion questions to connect with your client and discuss the important points of the lesson.

Homework: Copy homework pages and give to your client.

Supplies: DVD, *Bonding with Your Unborn Baby*.

Video Length: 19:03 minutes.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



This is a great lesson to help a mother bond with her baby during pregnancy.

