



Capture the Moments

Grief Series Episode 9

Date:

The below list are ideas on what you can do to capture moments with your unborn baby. These are suggestions only. If you are considering travel or physical activity, we encourage you to consult with your physician first.

-Things to do:

- take photos and video
- get maternity photos taken
- eat ice cream or favorite dessert
- go for a swing on a swing set
- go to the beach: feel the sand and water between your toes
- take a day trip to your favorite spot
- go for a walk in nature and breathe deep the fresh air
- talk/sing/read to your baby
- have dad/siblings read, talk or sing to baby
- journal: note baby's activity, what make baby kick
- belly art: paint a picture on your belly
- dance to your favorite music
- listen to your favorite music
- play your favorite instrument
- pause and feel your baby kick
- go to Build a Bear and make your own bear. You can include a message to your baby, or if you have a recording of your baby's heart beat you can put it in the bear so you can keep hearing your baby's heartbeat.