

## Exercise

# THINKING ABOUT THE RELATIONSHIP YOU HAVE WITH YOUR BABY

Even though your baby has not been born, they are probably already having an effect on the way you feel, the things you do in your day to day life, and the things you are thinking about.

Having a baby is the start of a new relationship.

Answer these questions to help you think about your developing relationship with your baby.

What 3 words or phrases would you use to describe your relationship with your baby?

What brings you the most joy in your relationship with your baby?

What is your biggest fear about your relationship with your baby?