

# What do I wish for my baby?

Expecting a baby can bring about a whole host of thoughts and emotions. During your pregnancy it is a good idea to explore what being a Mum means to you, to consider your strengths and how you will face the challenges that arise.

Many mums find that having a new baby can reawaken old memories from their past and their own childhood. This may bring up questions for you. With time, you will navigate your own way through parenthood and become confident in facing whatever life throws at you and your family.

It may be helpful to take a few moments to work your way through this activity sheet and start to consider what will be important to you as a mother and how what are your hopes for you and your child.

What do I wish for my child?

What do I hope my child will be like?



Try to keep your values in mind and remind yourself of what is important for you and your child. Keep this sheet nearby and read it often. Whenever you feel anxious and worried you can remind yourself of your values and aspirations as a parent.