

## Lesson 1 Activities

### Activity 1: Exploring Expectations

When you think about our upcoming birth, how do you feel?

What words come to mind to describe your feelings?

What specific things come to mind when you read the following?

Add your responses to one or more sentences.

1. What are my expectations of preparing for  
a) pregnancy b) labour and c) birth? Is it setting me up for failure, success or empowerment?
2. What do I know of preparing for labour and birth? How much importance do I place in preparing for it (and supporting my partner)?
3. Are my preparations limited to those I read on social media and between friends and families?
4. How much do I know about the birth process and what are the things I need to prepare to get ready for my journey as a parent or a parent again with kids.
5. Am I assuming that it 'll be the same as my previous birth or the same as the stories I heard or images I see on the media?
6. What are my expectation of the place I choose to spend my time laboring and give birth? Have I decided yet how the environment will be like?
7. What are the images in my head of how birth shall progress? Are they affected by fear or horror stories I heard and read?
8. Are the people around me supportive of my birth choices? How do I get them to be involved?
9. Are my health care provider respectful of my birth preferences? How do I intend to convey the preferences to them?
10. What's my ultimate game plan after I have gotten all the necessary information with regards to birth?

## Activity 2: Exploring Emotions

**A.** What do you know about your own birth? If possible, find out details from your mother and ask her to describe what was good and/or challenging for her. Having an understanding of your own birth and any values your mother or family might have around pregnancy or the birthing process can help you understand your journey toward giving birth. If you're unable to get this information, skip this stage.

### **B.**

1. I am nervous about \_\_\_\_\_
2. I am encouraged to \_\_\_\_\_
3. I hope that \_\_\_\_\_
4. I look forward to \_\_\_\_\_
5. I am worried or scared that \_\_\_\_\_
6. I want my partner to know \_\_\_\_\_
7. I can't even begin to think about \_\_\_\_\_
8. I know that I \_\_\_\_\_
9. \_\_\_\_\_ will get me through labour and birth.
10. Overall, I feel \_\_\_\_\_ regarding my upcoming birth  
because \_\_\_\_\_

END