

STRATEGIES TO HELP NEW PARENTS THROUGH PREGNANCY AND CHILD BIRTH DURING PANDEMIC.

Despite the incredible joys of parenting, there are also some stresses. These are unprecedented times, difficult for everyone. The pandemic can affect you and your baby in multiple ways.


And yes, mothers' stress can have a direct effect on the baby throughout pregnancy. Also stress in the newborn period can affect the parent baby interactions and bonding. But do not despair!!! As a parent you have so much capacity for resilience and the presence of your baby will help you along the way!

How can we mitigate stress during pregnancy? Stress control during pregnancy is very important even though it might be hard. Especially strategies that involve the body and the mind can be most helpful. Going for regular walks, spiritual practice are some examples. Also activities that can help parents feel connected to each other and with others can be joyful and reduce stress. Walks, hikes together are one example.


Connecting with supportive inspiring people always help , perhaps outdoors or online.

At this stage it is also very important to think of emotions.

When parents can be curious about their own emotions, this makes it easier to be sensitive and curious about the baby and prepares the foundation for a healthy attachment. It is a very joyful time but it is also very difficult and some unpleasant emotions can



come up too. It is ok. Please be kind accepting and kind to yourself. It might be helpful to journal or talk to others. It is also important to get help if overwhelming emotions are coming up. Therapy during pregnancy can be very helpful for some parents. It helps for stress and difficult emotions to be processed before the baby arrives. Especially if you do not feel connected to the baby throughout the pregnancy, it might be very important to get the right help.





You will be curious about your baby throughout pregnancy and dream about her. You might also have some fears. It is wonderful to be aware of these also to talk, write about them if you find it helpful.

As you are connecting to your baby in your mind, there are other things you can already do together to foster connection. You can start talking and singing to baby early on. Especially after 20 weeks, the baby will be able to hear. If they find a favorite song and sing it regularly. Baby might calm down with that particular song during infancy. This might be a wonderful routine that can continue through infancy.


Baby can also respond to touch from mom's belly. It is another way you might start communicating with baby.

Learning about your baby's development in the womb and after birth can be very helpful so you will be ready for your baby arrives. But if you are worrying about your baby it is very important to be able to talk to your physicians. You need to





have your questions answered. It is also important to find the right level of information that does not cause too much worry.



Help from family, community, professionals can be very important in reducing parents stress, feelings of overwhelm. One of the most important characteristics of good help is avoiding judgement and strong opinions. You are the parent! You know your baby best!

In Brazelton institute we believe in a strength based approach. We believe in babies and parents

leading the way . It might be helpful for you to discover what your baby can already do!! Your baby is a unique person who already has a lot of capacities, As a parent you also have a lot of capacities a lot of strengths! You know your baby better than anyone else.

