

SIMPLE WAYS TO LOVE YOUR UNBORN BABY



RaeAnne Fredrickson's son Samuel lived for four hours after his birth. She shares how to make the most of your time before birth with your special baby.

While Samuel was with us, we wanted to make the **MOST OF EVERY DAY** we had with him. It's not always easy to share your life with a person you can't hold in your arms, but we found the following things helpful as we bonded with our precious boy.

PLEASE NOTE: Obviously, there is a large range of emotions when carrying a baby that won't live past pregnancy/birth. You love them endlessly but you are also afraid because your time is short.

Be kind to yourself. Do what feels right to you and don't push it. There were plenty of times I would sob during/after trying to do things with him, because I just wanted to keep him so badly. I know it's hard. Just take it **ONE DAY AT A TIME** and do what is best for you and your baby.

♥ READING

It may seem obvious, but take the time to read to your baby every day. They love to hear mama and daddy's voices. We read to Samuel all the time. Daddy, specifically, would read him a book of night-time prayers every night before bedtime. We had one book in particular we read so often that we memorized it. We would recite it in the car, or at other times when the book was not accessible. Then, after he was born and the doctors were working with him, we recited it to him again. I know it helped him relax and know we were close.

♥ SINGING

My husband would never want to do it publicly, but he sang lullabies to Samuel a few times each week. Singing helps to calm the baby and it will give you a special memory to last forever. (I even made up a few special songs, just for him. Now that he's gone, I can sing them to myself when I'm really missing him and it helps me feel him with me.)



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♥ DESCRIBING

This goes along with Teaching. I would tell Samuel all about our day as it unfolded. "Samuel, mama is washing dishes. Dishes are the things we use to eat. Washing means I'm getting them clean again so they are ready when it's time for our next meal". And so on...

♥ LOVING WORDS

Take every moment you can to tell your baby just how special they are to you. I love you! I love you! I love you! It can't be over-said. One thing that helps me now that he's gone, (as much as anything can help) is the knowledge that Samuel was loved more in the few months we had with him, than some babies are loved at all. We made sure he knew our love.

♥ MASSAGING / CARESSING

As long as it won't hurt them or aggravate any problems, you can rub your hands along your tummy and gently caress your baby. It's the closest thing you may have to holding them and snuggling, so use this "tummy time" to connect with your little one(s). My husband found that he could give a light "love tap" and then get a kick back from Samuel. This was one of their favourite games. You can also give lots of tummy kisses to mama.

♥ INTRODUCING

Let siblings, grandparents and other family members talk to your little one. They can be the ones to read a story. They can share their own life stories/experiences with baby. If you're comfortable, you can also allow friends to do the same. Always do what feels comfortable to you. It's perfectly ok for your baby to just know mama and daddy.

♥ NIGHT TIME RITUALS

Every night, after daddy read bedtime prayers (one of our favourites, here), Samuel and I would go into his room. I would turn on a CD of soft, instrumental lullabies and dim the lights. Then, after lots of "I love you" and "goodnight, my love" from me, I would snuggle my tummy up in a blankie and rock him to sleep in the rocking chair. (He may not have actually gone to sleep, but it was a special time for us).

Thank you to RaeAnne Fredrickson from "All that love can do". Available here: <http://allthatlovecando.blogspot.ie>



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