

Being with Baby

As your baby grows, you begin to feel movement. The sensations will change throughout pregnancy, and even throughout the day. You may feel pokes, large movements that you even see on your belly and also short pulsing.

These movements provide an opportunity to informally practice mindfulness daily.

Bring your attention fully to your body and the babies movement moment-by-moment. As you pay attention to the sensations, also bring your awareness to your breath as you breath in and out. You may want to bring your hand to your belly, feeling both the baby's movements and the movements from your breath under your hand. If your mind wanders, gently bring your attention back to the sensations of being with your baby.