

PAT Activity Pages: Prenatal

PAT Activity and Materials Needed	Parenting Behavior
A Letter for Your Baby: Getting it Down on Paper p.730 Materials: pen/pencil, paper, or cell phone to record	Nurturing
Are You Ready, Baby? Planning and Preparing p.732 Materials: family journal, parent handout: Getting Ready for Baby , paper, pen/pencil, resource network information, and favorite children's book	Designing/Guiding
Belly Casting: Making a Pregnancy Keepsake p.734 Materials: scissors, warm water, plaster bandages, plastic gloves, towels, paint brushes (optional), nontoxic paint (optional), and markers (optional)	Communicating
Body Scanning: Mind-Body Connection p.736 Materials: comfortable place to sit or lay	Responding
Changes, Changes, Changes: Introducing the Family p.738 Materials: family journal, paper, art supplies, poems or child book, parent handout: Safe Sleep for Your Baby, Why Breastfeed? and Formula Feeding (optional)	Designing/Guiding
Conversations with Partners: Values Around Key Topics p.740 Materials: paper, and pencil	Designing/Guiding
Daily Routines: Getting Dressed p.742 Materials: baby doll, onesie, and pants/shirts	Communicating
Decisions, Decisions: What is Best for my Family p.744 Materials: journal or notebook, pen/pencil, and box or container.	Designing/Guiding
Diapering Your Baby: Preparing and Practicing p.746 Materials: baby doll, cloth or disposable diapers, and wipes	Communicating
Doctor, Doctor: Getting Prenatal Care and Sharing Concerns p.748 Materials: family journal, plastic bag with 2 pounds, a bag with 4 pounds, and a bag with 7 pounds of sand, bird seed, flour, scale (optional), diapers or paper cut to size, and favorite books	Responding
Exercising: Training for an Athletic Event p.750 Materials: Resource network materials, DVDs/CDs/online videos, and family journal	Designing/Guiding
Healthy Growing: Beginning Prenatal Care p.752 Materials: family journal, blank paper, resource network information, prenatal diet idea, computer with internet connection (optional), and parent handout: Directions for My Daily Food Plan and My Daily Food Plan	Designing/Guiding
Let's Talk: Discussing Expectations, Hopes, and Fears p.754 Materials: family journal, paper, and pen/pencil	Communicating
Nighty Night: Exploring Sleep p.756 Materials: parent handout Safe Sleep for Your Baby, paper, crayons/markers, and stickers (optional)	Designing/Guiding

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Parenting Teamwork: Perspective Taking and Anticipating Routines p.758 Materials: you and your partner, family journal, paper (optional), pens/markers, and prenatal books or handouts	Designing/Guiding
Play Routines and Touch Tag: Moving and Responding p.760 Materials: family journal, poems or favorite children’s books, parent handout: Counting Your Baby’s Movements (optional)	Responding
Prenatal Play: Placing Hands p.962 Materials: small cup of natural vegetable oil or lotion	Communicating
Prenatal Visits: What Questions Do I Have? P.764 Materials: family journal, paper, and pen	Nurturing
Releasing Tension: Stretching and Relaxing p.766 Materials: comfortable clothing, enough space to stretch, towel (optional), and book	Nurturing
Roll Away Your Worries: Relaxing with a Stress Ball p.768 Materials: sturdy balloon, cornstarch or flour, funnel, spoon, and string	Nurturing
Safety Check: Childproofing Your Home p.770 Materials: pen/pencil and paper	Designing/Guiding
Snug and Safe: Swaddling Your Baby p.772 Materials: baby doll, and blanket	Nurturing
So, You’ve Told Everyone: Gaining Body Awareness and Releasing Stress p.774 Materials: comfortable space	Designing/Guiding
Stress Relief: Music and Relaxing Imagery p.776 Materials: bed or floor, mats/pillows/blanket, and music	Communicating
Tell Me a Story: Reading to Your Baby p.778 Materials: children’s books	Communicating
Tiny Taste Buds: Smelling and Tasting p.780 Materials: small cups filled with sugary drinks, glasses of water, favorite book, and ultrasound picture (if available)	Responding
Transitions and Good Nutrition: Breastfeeding p.782 Materials: family journal, baby doll, parent handout: Why Breastfeed? And My Daily Food Plan , and favorite children’s book	Nurturing
Transitions and Sleep: Getting Comfortable and Breathing Deeply p.784 Materials: family journal, paper, pen/pencil, resource network information, parent handout: Safe Sleep for Your Baby (optional), any reading material	Designing/Guiding
Transporting Your Baby: Bringing Baby Home p.786 Materials: family journal, car seat, resource network information, baby doll, and favorite reading material	Designing/Guiding

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<p>The Wait is Almost Over! Creating a Support System and Preparing for Birth p.788</p> <p>Materials: parent handout: Circles of Support, pen/pencil, family journal, resource network information, favorite poem, or book</p>	<p>Responding</p>
<p>Welcome Baby: Prepping and Packing for Delivery p.790</p> <p>Materials: carrying bag or suitcase, paper, pen/pencil, diaper bag (optional), and box or container (optional)</p>	<p>Designing/Guiding</p>
<p>What Do Babies Do? Understanding Reflexes and Responding to Needs p.792</p> <p>Materials: family journal, favorite books, or magazines.</p>	<p>Responding</p>
<p>Your Baby Can Hear: Listening to the Family p.794</p> <p>Materials: family journal, baby pictures of older siblings (optional), and poems/songs/favorite children's book</p>	<p>Communicating</p>
<p>You're Going to Be a father: Thinking About Your Role p.796</p> <p>Materials: baby doll or your baby pictures, and children's books</p>	<p>Nurturing</p>
<p>You're Having a Baby! Preparing and Keeping a Journal p.798</p> <p>Materials: resource network information, parent handout: Family Journal cover page and Neurotoxins Substances That Can Harm Your Unborn Baby, and paper</p>	<p>Designing/Guiding</p>