



Prenatal Caring Circle

Promoting family literacy, bonding and well-being before and after birth.



Saskatchewan
Literacy
Network

Hey Mom!
You may not know about me yet. If you do, talk to your health care provider. She will tell you when I will be born.

Hi Mom! It's the end of week four. I'm called an embryo. Many of my organs, like my heart, are starting to form.

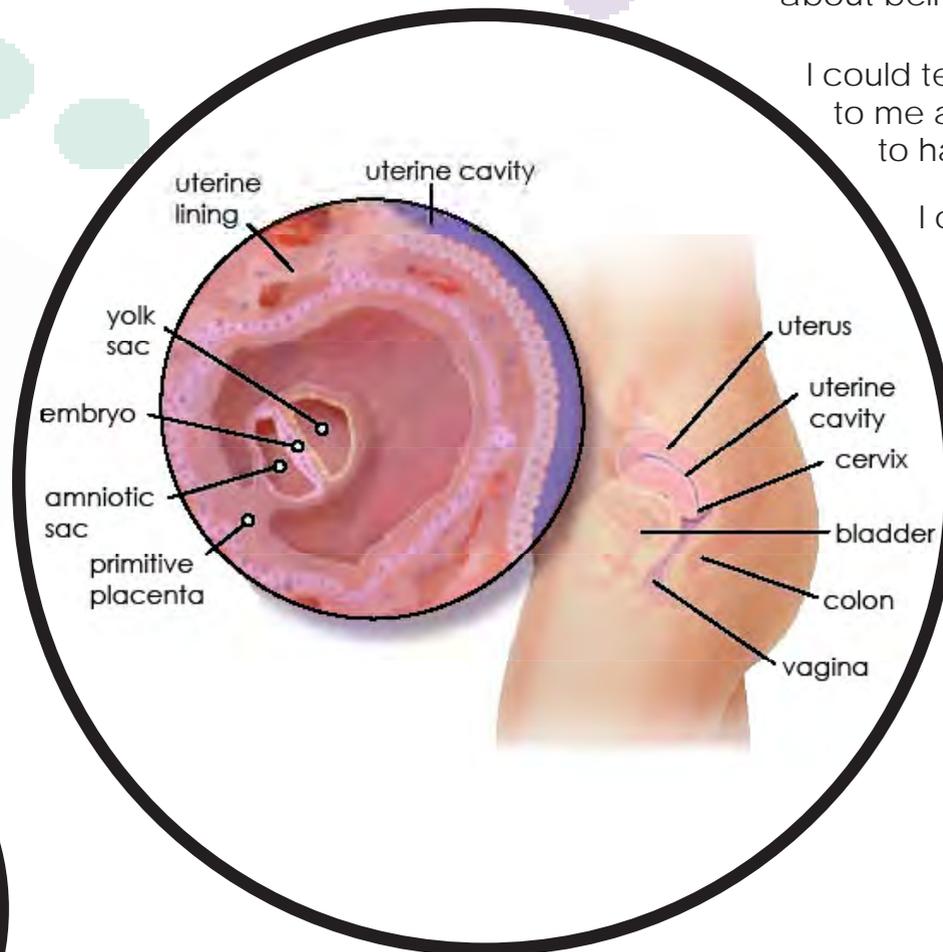
My brain is the size of a grain of salt. My brain cells are forming.

Our Circle of Support

I have a lot of different feelings about being pregnant.

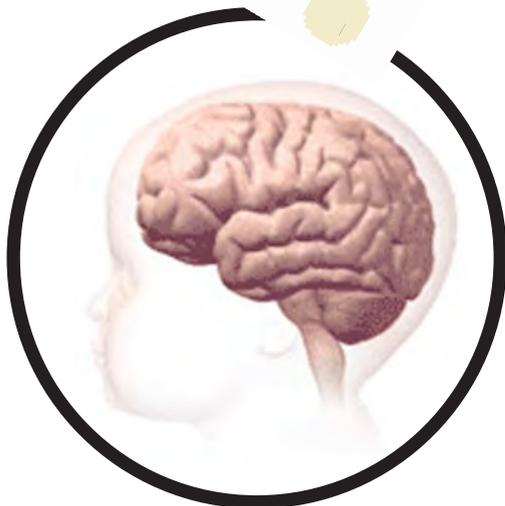
I could tell a few people close to me about my baby. It's good to have someone to talk to.

I can ask someone to help me find a health care provider.



Weeks 1 to 4

(First Trimester)



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll take time to talk about my feelings with you.

Hi Mom!
I'm a fetus now.
I'm the size of a blueberry.
My hands and feet look like
little paddles.

My heart is beating.
My blood is flowing.
My teeth are starting to grow.

Wow, my brain
is really growing.

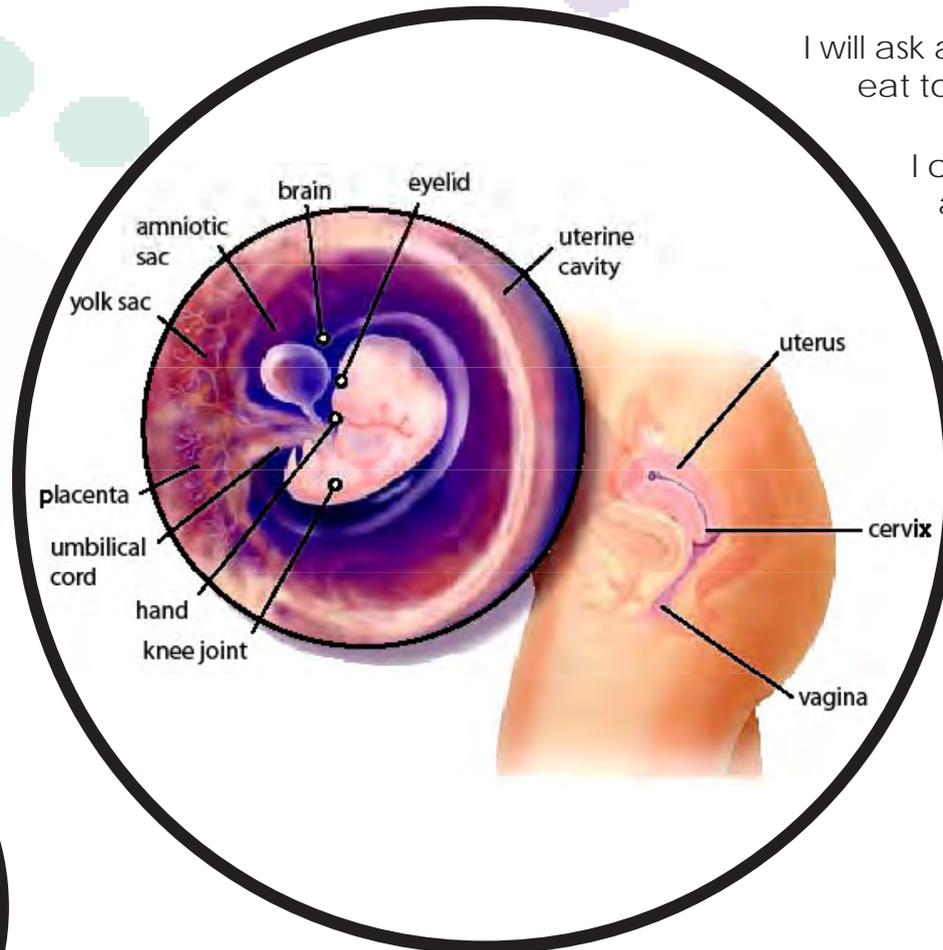
It is starting
to control
my muscles.

Our Circle of Support

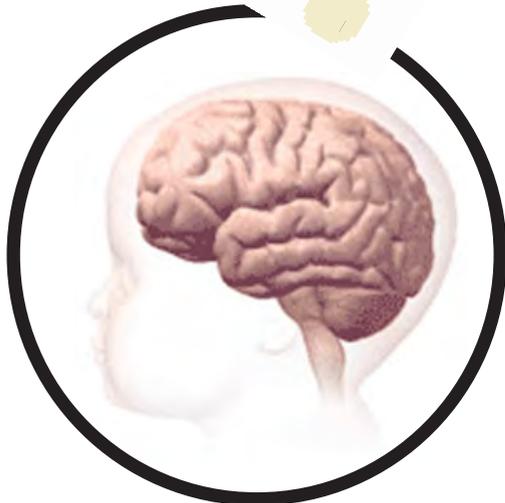
I can ask someone to go to my
health care provider with me.

I will ask about the food I need to
eat to have a healthy baby.

I can talk to someone I trust
about my feelings and
changes in my body.



Weeks 5 to 8



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll find an outdoor space to practice stillness. I will use all of my senses, (hearing, seeing, smelling, feeling and tasting) to describe the world to you.

Hi Mom!
It's me again.
I can do so much now.
I can kick and curl my toes.
I can smile. I'm practicing
how to breathe.

Thanks Mom for the
clean air and the good
food. They come in through
my placenta and
umbilical cord.

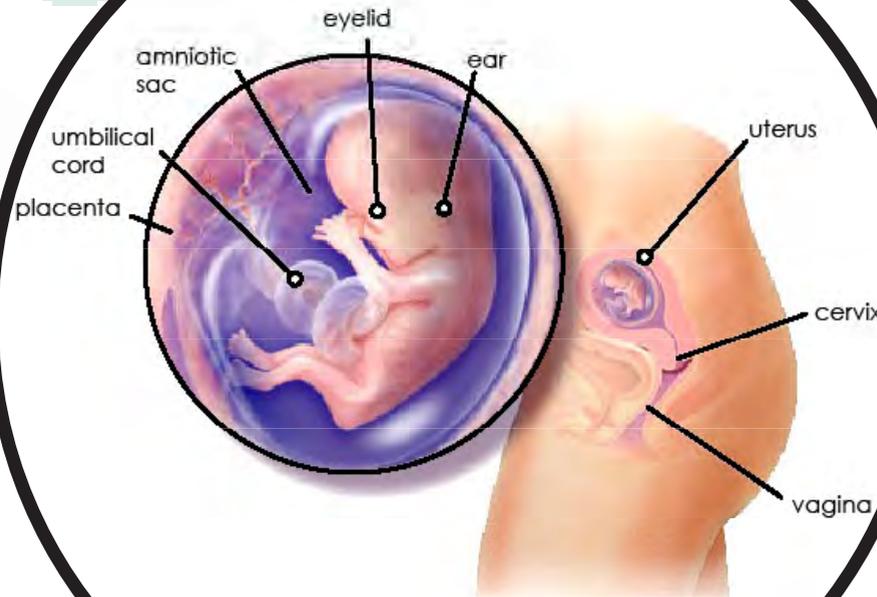
My forehead is
quite large.
I have 250,000
new brain cells,
called neurons,
every minute.

Our Circle of Support

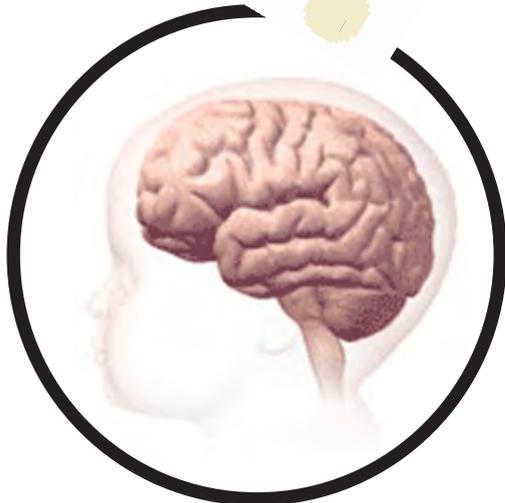
This is a good time to decide who
I would like in my Circle of Support.

I will get enough sleep at night to
feel rested.

I will talk to others about
our needs.



Weeks 9 to 13



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I may ask someone from my culture to teach me one new thing.
Someday I'll teach you about our culture.

You may feel me move this month. It may feel like fluttering butterflies.

Yeah! We've reached the second trimester. All my organs and body parts are formed. Now they need to grow.

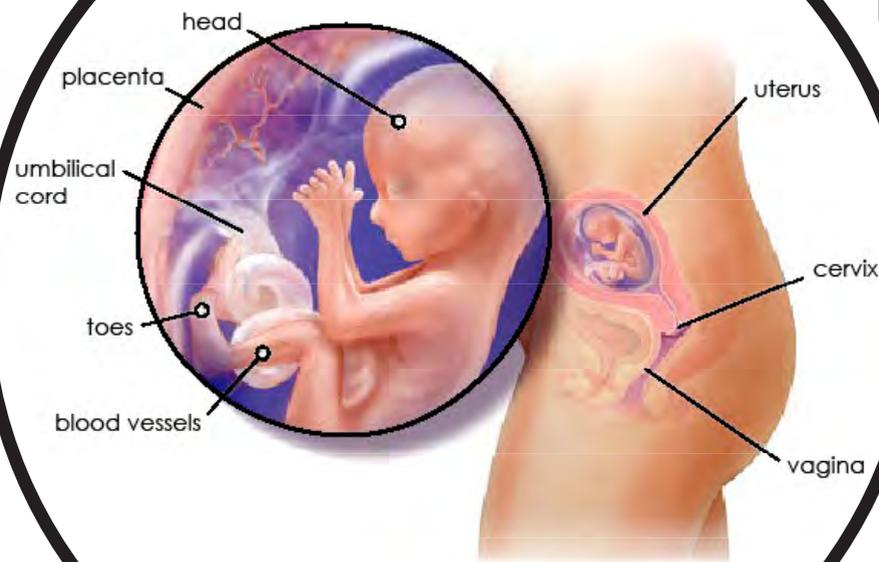
Mom, my eyes and ears are beginning to connect to my brain. I love it when you laugh and talk to me!

Our Circle of Support

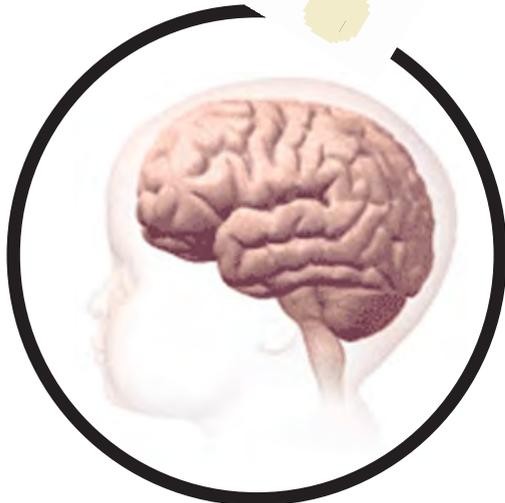
I will ask people to become my Circle of Support.

I will ask someone to go grocery shopping and pick out nutritious food with me.

I can ask someone in my Circle about some of the changes going on in my body.



Weeks 14 to 17
(Second Trimester)



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll learn a new song and practice singing it to you. I will use it to calm you after you are born.

Mom, when you and others talk and read to me I jump for joy!

My bones are getting hard now.

Hey, I can feel with my fingers.
I can suck my thumb.
I can swallow.

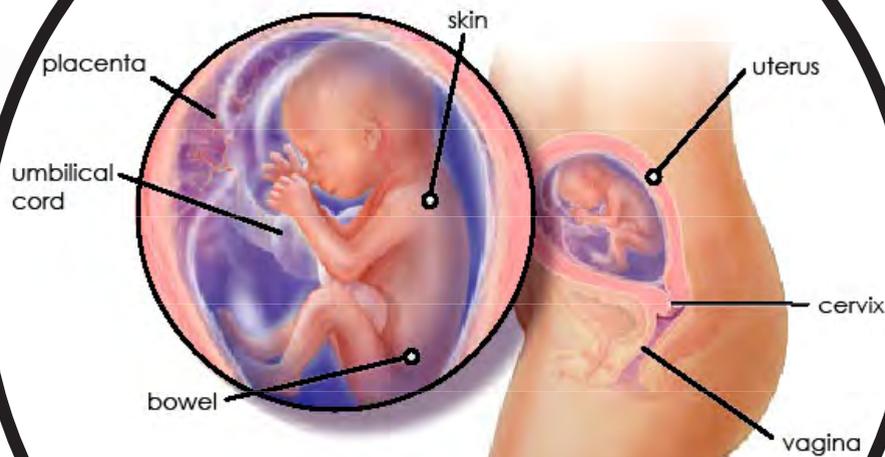
Our Circle of Support

I will ask someone about when they were pregnant.

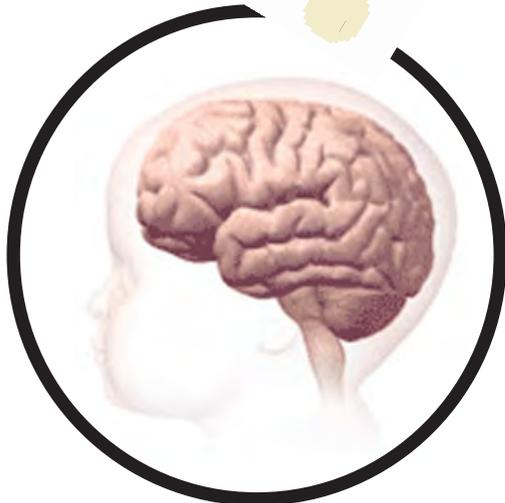
I will ask someone in my Circle about taking a prenatal class with me and being my birth coach.

I will ask people in my Circle to talk to the baby.

My brain is growing fast.
I have millions of brain cells or neurons.
I can hear your voice.



Weeks 18 to 22



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll try a new fruit or vegetable from a garden, grocery store or farmers' market.
Someday you will try this food too!

I just want to hear your voice.
I am starting to remember things
like voices and songs.

Hi Mom!
All my muscles are formed now.
My bones and tooth buds
are getting very hard. I have
a really cute face now.

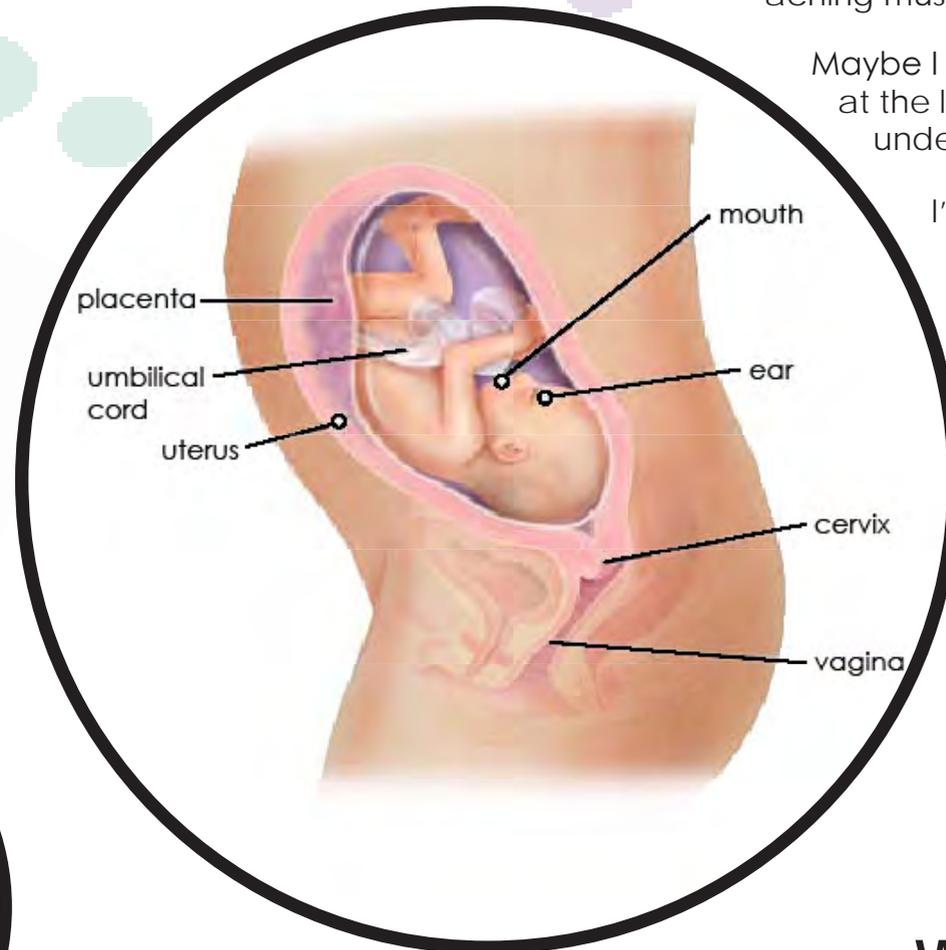
I now have
folds in my brain
to fit in all my
brain cells.

Our Circle of Support

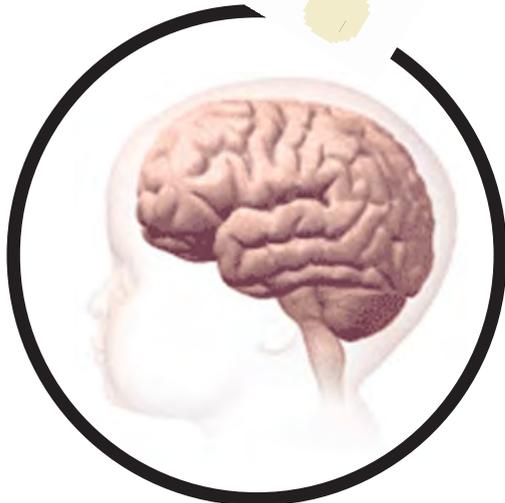
I will ask someone in my Circle
of Support to massage my
aching muscles.

Maybe I can find books or DVDs
at the library that will help me
understand my body changes.

I'll ask someone in my
Circle to do a fun
activity with me.



Weeks 23 to 27



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll plant some seeds. I'll explain to you what I am doing.
Someday you might help me take care of our plant.

I love listening to you read to me. Songs and rhymes are fun to hear too.

This month I'm going to exercise a lot. Sorry if I kick you and punch you. Also, I'm trying out my new lungs. So...you may feel me when I hiccup.

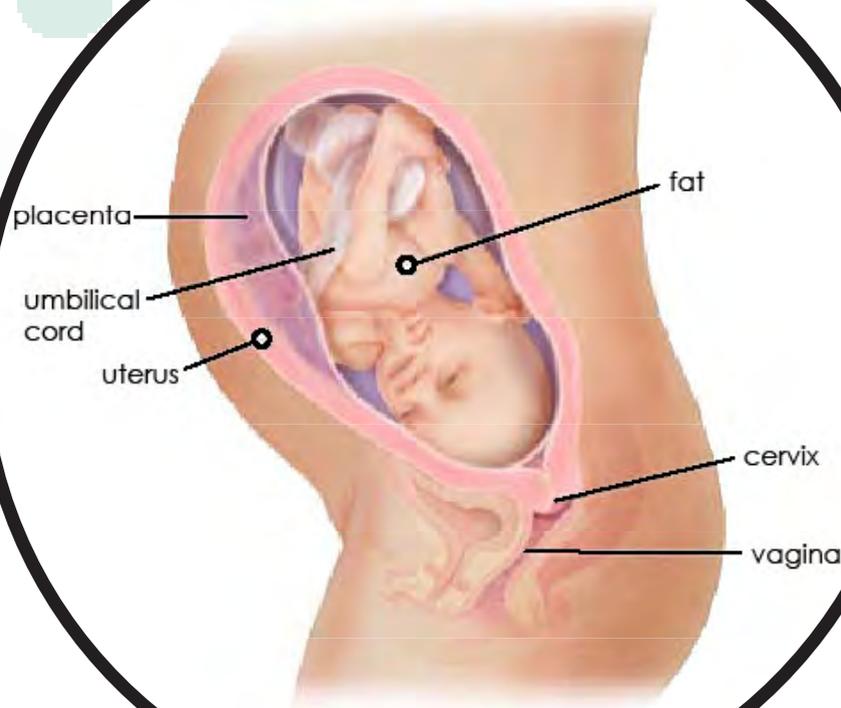
You may notice that I move and then I'm quiet. Just like you, I need exercise and rest.

Our Circle of Support

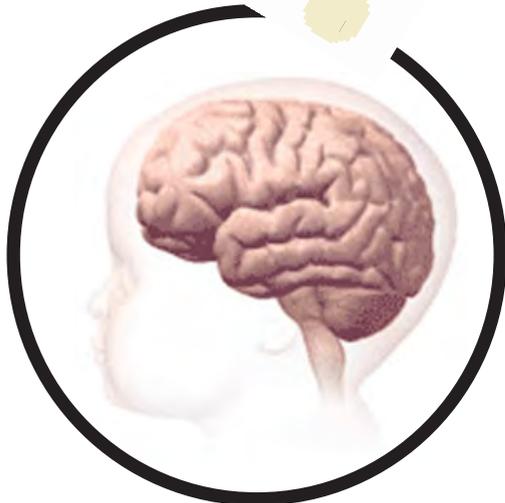
I will ask my Circle to help me with my Baby Arrival Day plan.

I will ask someone in my Circle to exercise with me, maybe go for a walk.

I will encourage everyone to share happy thoughts with my baby.



Weeks 28 to 31
(Third Trimester)



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our learning journey:						
I'll listen to a new type of music. I'll use the radio or borrow a CD from the library.						

I really listen when you tell me about what you are seeing, hearing, doing and feeling.

I'm putting on more weight. It sure is getting crowded in here! I'm still moving around, but my kicks aren't quite as hard.

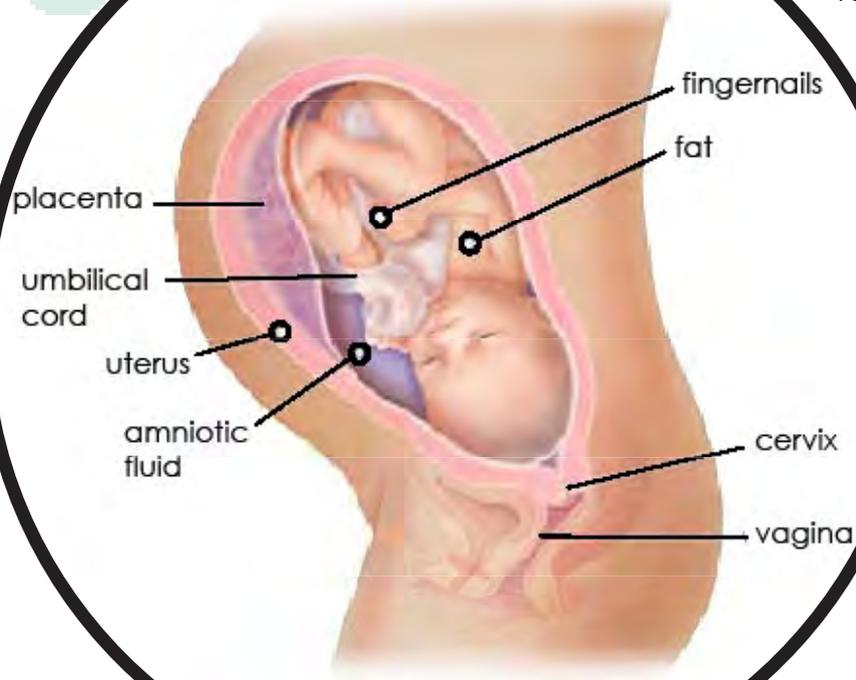
The seeing and hearing centers of my brain are well-developed.

Our Circle of Support

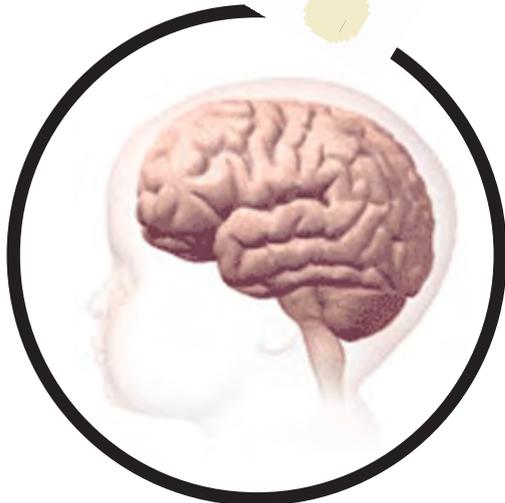
I can ask someone in my Circle to help me practice my visualization exercise.

I can invite a friend to cook good food with me.

I can ask my Circle to sing to baby.



Weeks 32 to 35



MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll share our family stories and history with you. You will grow up hearing them over and over.

Mom,
Soon we will meet
each other. It's so exciting!
I love hearing you talk about me,
and hearing you talk to people in
our family and Circle.

Hey Mom.
Any time after 37 weeks
I'll be full term. I'm 7 or 8
pounds now. I may be more
than 20 inches long. I'm strong
and my body is ready.

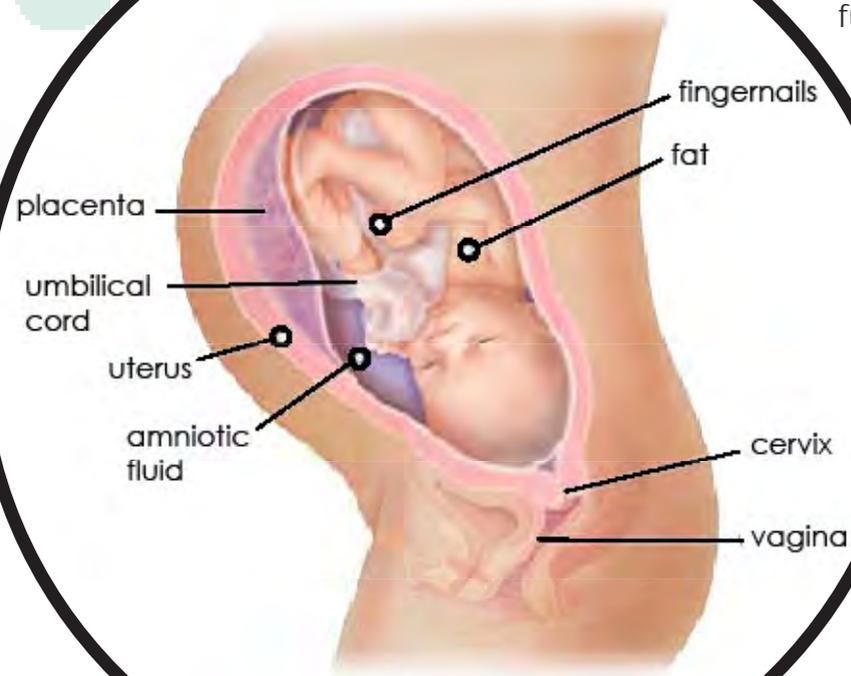
Our Circle of Support

I can ask someone to help me
pack my bag for the hospital.

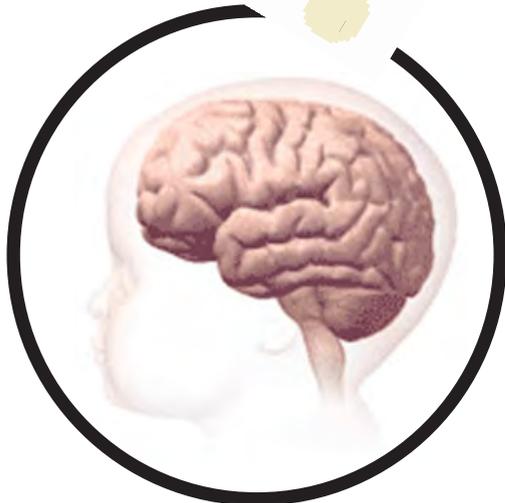
I will remind my birth coach to be ready.

I can invite people to do some
fun activities with me. Maybe
we can learn a new game.

When I'm born,
I will have all
the neurons
that I need for
my whole life.



Weeks 36 to 40



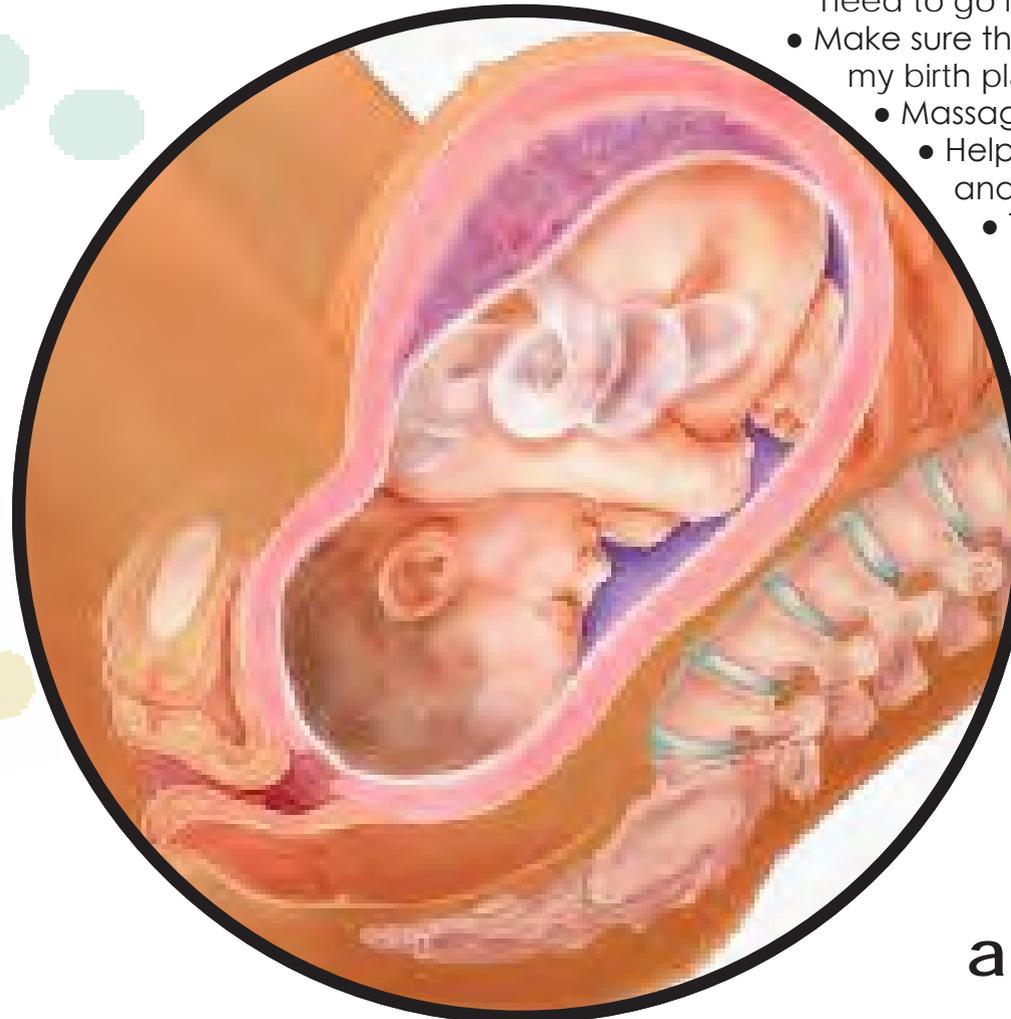
MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our learning journey:						
I'll visit a park, zoo, pet store or go for a walk in nature. I am excited to teach you about the natural world.						

What's happening?
I'm getting squeezed and pushed!
Remember—breathe and relax. Think about holding me and talking to me when I'm finally here. I still need you to be close so I can hear and feel you.

I really like that calming music that you're playing. Mom, try some different labor positions. We may feel more comfortable.

Hi everyone!
Are you excited?
We're going to meet very soon. It may take a few days to get to know me and what I like. This is all new to me.



Our Circle of Support

I will ask my birth coach to do these things:

- Phone the hospital to ask when I need to go in.
- Make sure the hospital staff has my birth plan.
- Massage my aches and pains.
- Help with breathing and relaxing.
- Talk to my health care providers for me.
- Phone people to let them know about the baby!

Labour and Delivery

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our learning journey:						
I'll focus on getting to hold you in my arms soon.						

Hey family!
In my first years of life the cells in my brain are growing fast. Hold me, swaddle me, rock me and touch me gently. Your love and attention helps them grow.

- I will soon learn to:
- smile when you talk to me
 - look at your face when you hold me
 - lift my head when I'm on my tummy
 - hold your finger

Our Circle of Support

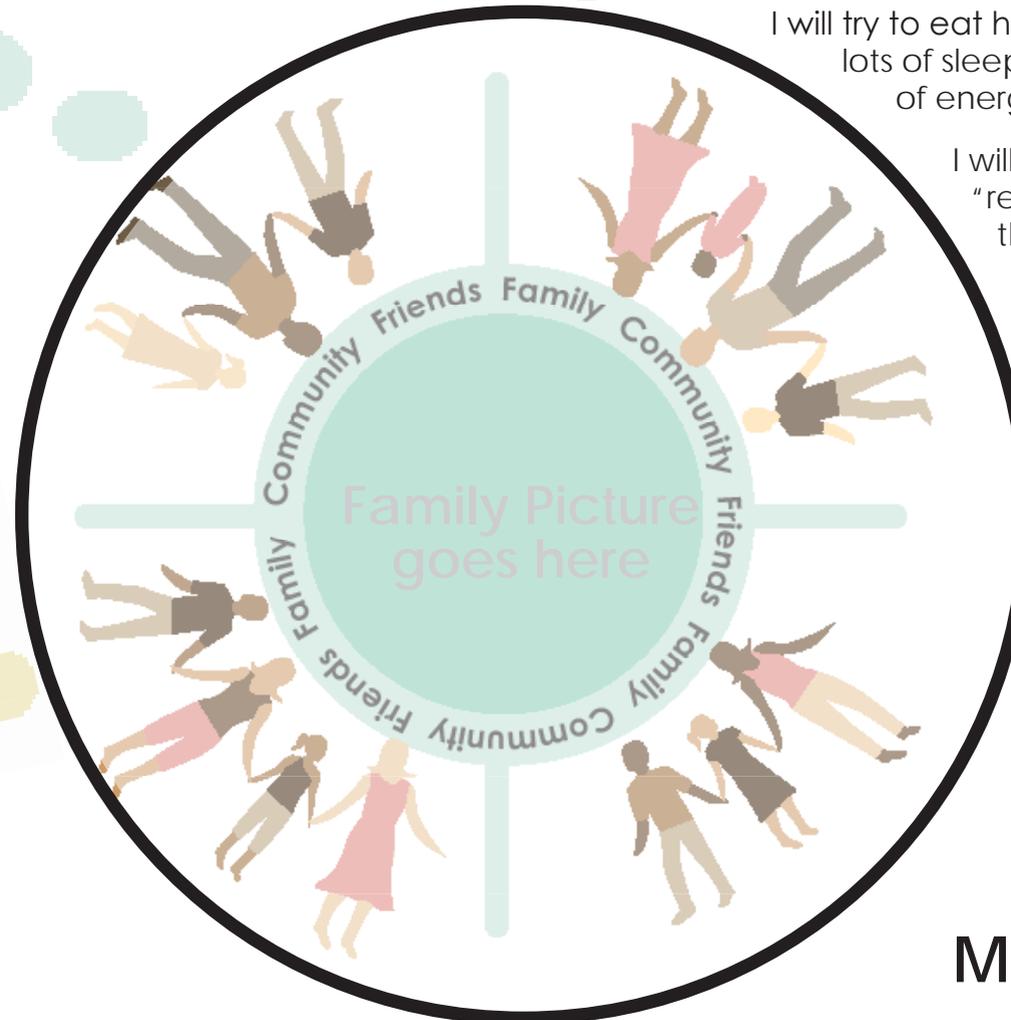
I will ask someone in my Circle to look after the baby while I do something nice for myself.

I will try to eat healthy, exercise and get lots of sleep. Being a parent takes lots of energy.

I will let my Circle know that "reading" can mean any of the following:

- turning pages
- pointing to pictures
- labeling pictures

I love board and bath books. I'm learning to touch them, and look at the pictures. Please share them with me.



Months 1 to 3

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our learning journey:
I'll keep a journal about you and me, and how you are growing and changing.

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Content writers

Brian Chipperfield, M.Ed.

Valerie Chipperfield, M. Sc. (Speech-Language Pathology)

Graphic design and page layout

Danielle Heilman, Saskatchewan Literacy Network

Advisory committee members

Wendy Laxdal, First Nations & Inuit Health

Amanda Neirinck-George, First Nations & Inuit Health

Marilyn Sand, Maternal Child Health, Federation of Saskatchewan Indian Nations

Cynthia Bakker, Four Directions Community Health Centre

Janice Thomas-Gervais, KidsFirst Prince Albert

Lavonne Dubois, Saskatchewan Aboriginal Literacy Network

Marilyn Stearns, Saskatchewan Literacy Network

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Please Note:

This program does not provide any medical, labour or delivery advice or instructions. Participants are encouraged to attend prenatal classes.

For more information about the Prenatal Caring Circle, please contact the Saskatchewan Literacy Network at 1-888-511-2111.