This Month…

- Your baby weighs approximately one ounce and is about 3 inches long
- All of baby’s vital organs have begun to form
- Baby’s bones are beginning to form
- Fingernails and toenails are emerging, as are fingerprints
- All twenty teeth have formed and are waiting to develop
- Your baby moves and swims around
SHARING THE NEWS

Purpose:
Support the expectant mother in sharing the news of her pregnancy.

Background Information:
Every pregnancy story is different. Some pregnancies are planned, and others are unplanned. Some mothers realize they are pregnant right away. Other mothers, for a host of reasons, do not recognize their pregnancy until much later. Just as mothers’ pregnancy stories themselves are all different, so are the “announcement” stories. These stories include what the mother said or did to share the pregnancy news, as well as the resulting reactions by those she shared the news with. Mixed reactions to the news of pregnancy are common regardless of the pregnancy being planned or unplanned. Also, it is important to keep in mind that expectant mothers sometimes choose to wait until the end of the first trimester to share the news of their pregnancy.
Coming Alongside?

Use this visit to discuss the expectant mother’s plans for sharing the news of her pregnancy. If the expectant mother has already shared her news, use the visit to learn how the experience of sharing her news went.

It is important during this visit to not insert personal views or direction on how to handle sharing the news, but instead offer attentive listening and support.

Make yourself available to the expectant mother so that she may discuss her thoughts on sharing the news with others. These thoughts may include fears, excitement, concerns, or hesitations in sharing the news of her pregnancy.

**Pregnancy**
- Tell me about your pregnancy.
- What are you enjoying most about your pregnancy?
- How do you feel when you are talking about your pregnancy with others?

**Parenting**
- How are you feeling about becoming a mother?
- How are your other children reacting to your pregnancy?
- In what ways are you preparing for the baby already?
- In what ways are your other children preparing for the newest baby?

**System of Support**
- Who have you already told about your pregnancy? When did you tell them?
- How did you share the news? How did these individuals react?
- Who are you still waiting to tell?
- How do you plan to share the news with others?
- What kinds of reactions do you expect from them?
- How did you decide when to share the news of your pregnancy with each of these individuals?
- How has your pregnancy affected relationships with the baby’s father and other relatives and friends?

**Activity:**

Initiate a discussion with the expectant mother about her thoughts and experiences thus far about sharing the news of her pregnancy with those around her. Assist the expectant mother on making sense of her feelings and affirm her as the expert on her pregnancy. Deliver any suggestions with “I wonder” statements in order to avoid lecturing or becoming the expert in the conversation.

**For the Professional:**

- Who is supporting this mother?
- Who has the mother shared news of her pregnancy with? Who else will she be sharing with?
- If she has told others, how have they responded to news of her pregnancy?
- How does the mother feel about others’ reactions to news of her pregnancy?
- What can I do to support the mother and family?
SHARING THE NEWS

You may be thinking more about how to share your pregnancy news with others. Who to tell? How to tell? What will people say? Or, you may have shared your news already. How did that go? Often, once you share your news of pregnancy, people offer unsolicited advice. Although sharing the news may come with irritating comments and unsolicited advice, it also broadens your support system. Letting your loved ones know allows them to be “in the loop” and provide support for you throughout your pregnancy and into parenthood!

Throughout the course of your pregnancy, consider journaling to help organize your thoughts and feelings.

Some of the ways I have shared the news of my pregnancy have been…

________________________________________________________________________

________________________________________________________________________

People’s reactions to news of my pregnancy have included…

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________________________________________________________________________

The best response to hearing about my pregnancy was…

________________________________________________________________________

________________________________________________________________________

The people who are most excited for me are…

________________________________________________________________________

________________________________________________________________________