

Meeting Our Mind/Body/Spirit Needs

During Pregnancy, Birth, Immediate Postpartum, Infancy, or Babyhood

Choose a focus for this worksheet and circle your choice above: pregnancy, birth, immediate postpartum (first two weeks), infancy (week two to three months), or babyhood (three months to one year). Answer each question below for each member of your family,* including more than one answer whenever appropriate. For example when answering "who will prepare our food?" you might include friends, family, self, take out, frozen meals, and a meal service.

*Family at Mara's World is the collection of people in your life that you live with or consider to be involved with familial-like care of one another, even if only for a short period after the birth. "Partner" is the key additional adult caring for mother and baby - often your spouse, but possibly a grandparent, chosen friend or even hired support.

1. Where will our food come from? Who will prepare it?

Baby -

Mother -

Partner -

Siblings -

2. How will we stay hydrated?

Baby -

Mother -

Partner -

Siblings -

3. Who will give us unconditional love and nurture?

Baby -

Mother -

Partner -

Siblings -

4. Who/what will provide stimulation?

- Baby -
- Mother -
- Partner -
- Siblings -

5. Who will care for our physical body needs (healing, grooming, bathing, exercise)?

- Baby -
- Mother -
- Partner -
- Siblings -

6. Who will comfort our cries and soothe our discomforts?

- Baby -
- Mother -
- Partner -
- Siblings -

7. Who will ponder our needs and experience and offer any and every help they can to bring us calm, joy, or growth?

- Baby -
- Mother -
- Partner -
- Siblings -