

Session 2: About You

In this section we will talk about:

- You can do this! Self belief
 - Your Hopes, Wishes & worries
 - I am...
 - Strengths & Talents
 - Family Tree
 - What will my baby be like?
-

The things I want to know more about are:

Session 2: You Can Do This! Self Belief

You're Worth It

Pregnancy is a very good time to try and set aside any negative feelings about yourself. Your body is doing an amazing thing, creating a whole new human being.

A baby is going to need a mum (or parents) who believe in themselves. Believing in yourself will help you to enjoy the good times more and cope with the bad times better. It will also help you to be a confident and capable mum (and Dad).



- The most important thing to remember is, you may need help and support along the way but you can do this.
- Believe in yourself, you will need to learn how to be a parent but all first time parents feel like this at first. You can do this as well as they can!
- Take control of your future. You're pregnant, but this doesn't mean your life is over! Keep planning what you want out of life for you and your baby
- Don't try to do this on your own - ask for advice and support from the people here to help you.

Session 2: Whats important

What is important to me?

Please score from 1 to 6 how important each of the following are to you:

Knowing that I can achieve what I want	
Making my own decisions and not giving in under pressure	
Feeling really good about myself	
Knowing my responsibilities and my rights	
Being confident enough to cope with whatever life throws at me	
Knowing that my happiness is important to me and people I'm close to	
Feeling secure and in control of my life	
Looking after myself	
Being positive about myself	
Not repeating the same mistakes that others have made	
Being a really good parent	
Making a good life for my child	

What skills do I have to be a good parent?

Session 2: About You

People who know me would describe me as:

My hopes and wishes for the future are:

My worries for the future are:

Session 2: I am...

I am...

How would you describe yourself? Pick 12 things from the table that describe you

Easy to get on with	Honest	Strong beliefs	A good friend
At ease with myself	Good at giving affirmation	Good at expressing myself	Amusing
Appreciative	Hard working	Head strong	An enquiring mind
Inventive	A good role model	Affectionate	Straight forward
Positive	Risk taking	Bold	Challenging
Visionary	Sentimental	Determined	Clever
Tenacious	Active	Full of ideas	Committed
Thoughtful	Good listener	Hopeful	Compassionate
Artistic	Pursue my dreams	Look after myself well	Conscientious
Empathic	Gentle	Emotional	Considerate
Flexible	Fearless	Contented	Effective
Understanding	Fun	Easy-going	Efficient
Bubbly	A good laugh	Supportive	Empathise with others
Powerful	Musical	Good memory	Energetic
Observant	Easy to get on with	Feisty	Expressive
Extravagant	Playful	Attractive	Extravagant
Trustworthy	Emotional	Funny	Fit
Assertive	Loving	Clear thinking	Flirtatious
Not afraid to challenge	Good at solving problems	Good at handling stress	Good at coping with change
Sporty	Meticulous	Flamboyant	Graceful
Team player	Good with money	High standards	Willing to experiment
Sociable	Careful	Warm	Happy
Big hearted	Rigorous	Impulsive	Have pride in myself
Strong	Curious	Happy-go-lucky	Honest
Make things happen	Wise	Stick up for my beliefs	Imaginative
Practical	Forgiving	A good laugh	Intelligent
Kind	Brave	A dreamer	Open minded
Enthusiastic	Adventurous	Sensual	Optimistic
Quick witted	Generous	Sensible	Passionate
A nice smile	Achieve my goals	Smart	Purposeful
Creative	Imaginative	Rise to a challenge	Reflective
Lively	Fun-loving	Quiet	Responsible
A dreamer	Ambitious	Mischievous	Romantic
Sensible	Cuddly	Insightful	Sexy
Empathise with others	Independent	Easy going	Sophisticated
Reliable	Dramatic	Courageous	Spiritual
Good company	Relaxed	Good fun	Good tempered

Session 2: About You

I am...

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

9: _____

10: _____

11: _____

12: _____



Session 2: About You

Strengths & Talents

How would you describe yourself? Pick 10 things from the table that describe you

Interests & Talents

Temperament & Mood

Relationship with others

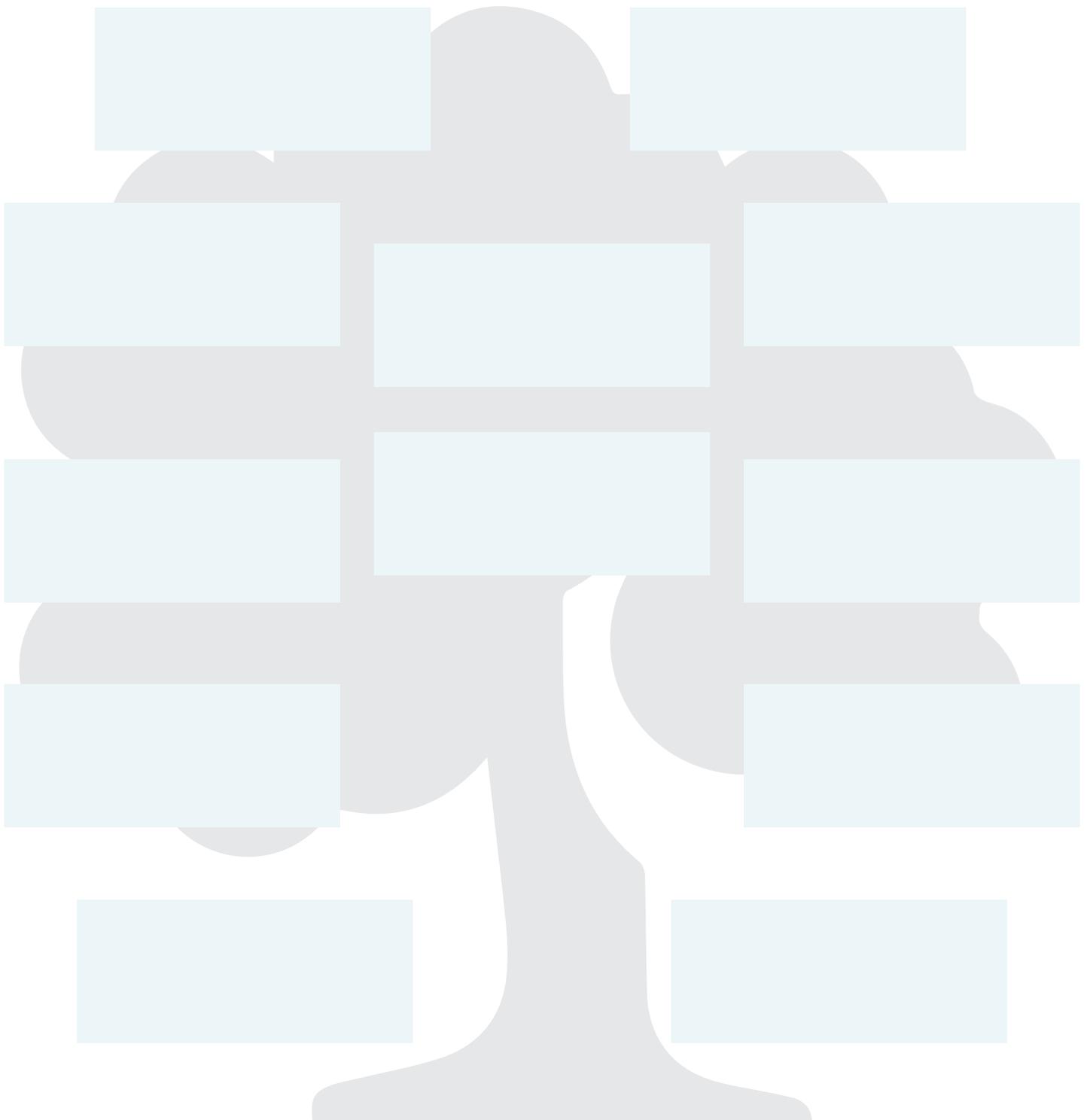
Think...
What are my strengths?

Health & Fitness

Values & Beliefs

Session 2: About You

Family Tree



Session 2: About You

What will my baby be like?

As my baby grows...

Will my baby be tall, short or medium height?

What colour eyes?

What colour hair?

Who will my baby take after?



Whose smile will my baby have?

Will my baby be good at sports?

Will my baby have a temper?

Will my baby be calm?

Session 2: About You

What have I learned?

Blank area for writing reflections on what has been learned.

What do I need to do?

To do list...

Blank area for writing a to-do list.