

Discussion Sheet

What Is Bonding?

Bonding is building connections between you and your child. Bonding creates these bonds on many levels, including emotional and physical levels. These bonds will make it easier for you to care for your child when he is older and to do what is right for him now.

Bonding

Use these questions to help spur discussion and grow your relationship with your client. Not all questions are necessary - just work on connecting and helping your client connect with their unborn child.

1. Have you started to bond with your child yet? That means you feel like you have a relationship with your child.
2. Can you think of ways you can increase the bonding between you and the unborn baby? (talking to the baby, playing music for the baby, taking prenatal vitamins for the baby)
3. Do you have a relationship bond with others? If so, is that something you want your baby to have with you? If not, do you think it would be a great gift to give your child?
4. Share some things you learned from this lesson that you did not know before.



You can bond with your baby both before and after he is born.