

Owning YOUR "Golden Hour"

If you would like, you can print two copies - one for each parent. Then you can come together with your answers to make a blended plan for this brand new family. This is great practice for so much of parenting!

When you think now about how you want to welcome your baby, what idea or emotion do you want to be the central theme? What do you want your baby to know?

Does your faith, culture or family of origin have rituals for this welcome?

Is there anything from your own childhood that you would like to pass down?

A special song, poem or thought? _____

A childhood relic, like a blanket or hat? _____

A way of soothing or caring for your baby? _____

What would you like your baby to experience through your touch?

Is there anyone besides yourselves that you would like to be present for this ritual?

In the event of disruption, and your "Golden Hour" is delayed, what circumstances would you prefer to bring specialness to your plan? Being alone? Waiting for the baby to be alert? Being home? etc.
