



There are 10 principles of Prenatal Parenting. More explanation can be found in the book Prenatal Parenting by Dr. Fred Wirth. Delve into these topics and learn how you can create a healthy, happy baby. While you are pregnant, a first easy step is to spend 15 minutes, several times a day, with a Fetal Love Break™. Awareness of these principles honors the sacredness of the family and the intelligence of your unborn baby, and helps you think of ways to become more peaceful during your pregnancy. For more information, visit the Prenatal Parenting Website: <http://www.prenatalparenting.com/>

- Your unborn child has more nerve cells and many more connections within its brain than an adult.
- Your baby shares your emotional experiences.
- You are the architect of your child's brain!
- As your baby's mother, you cannot hide your most intimate thoughts and feelings from your growing baby.
- Your baby has memories of his experiences before birth.
- Your baby communicates with you biochemically as well as through his senses.
- Your baby can feel, hear, smell, taste and see before birth.
- Your baby develops consciousness and a sense of self, separate from you before birth.
- Your baby's in utero experience sculpts the architecture of her brain, which determines her behavior after birth and probably for the rest of her life.
- Each infant is born with a distinct temperament that may require specific parenting techniques for proper nurturing after birth.
- Your baby is born looking for meaningful relationships and knows how to develop them.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment, realizing that the wonderment growing inside me was the only chance in life to assist God in a miracle. Erma Bombeck

More information: <http://home.comcast.net/~prebirthhealth/>

Prenatal Parenting: <http://www.prenatalparenting.com/>

Fetal Love Breaks: <http://www.prenatalparenting.com/philosophy/fetal.html>