



BONDING WITH YOUR BOORAI

In pregnancy, it's good to start thinking and planning about how you can build a strong relationship with your boorai.

It's important for you to take time to get to know your boorai. Even when they are in your belly, you can start doing things to help build a strong relationship.

Try talking to your boorai and start telling them stories. Tell your boorai about culture and history. In time, your boorai will learn to recognise your voice.

There are many things that you can do to make your boorai feel safe, protected and cared for, even when there are other things going on.

Think about:

What sort of mother do you want to be?

What are the things that you want to do as a parent?