



*Supportive Pregnancy Care™*  
at  
*Central Phoenix Ob-Gyn*



## Hopes for Pregnancy Parenting Worksheet

The goal of this exercise is to make a space for you to record your thoughts and feelings as you have this one of a kind experience. You may have been pregnant before, but it was not *this* pregnancy. You may already be parenting other children, but you may have new or continuing worries, hopes and dreams. Writing things down can make ideas real in a way that allows you to find answers to problems or to progress toward making dreams come true.

I am most grateful when I think about...

The best advice I've received about becoming a parent is...

The funniest advice I've received about becoming a parent is...

My favorite story about my parents is...

When I think about my own parent's 'parenting style', I feel...

As I am about to become a parent myself, I look at my own parents and feel...

I hope that one day my baby/child will...

I hope that my baby/child won't have to...

I promise my baby...

My biggest fear about being pregnant is...

I hope that my pregnancy will help me...

I fear that my pregnancy/birth will...

I am looking forward to my pregnancy/birth because...

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