

Birth Art Home Practice: Welcoming My Baby



In this art assignment, try to put yourself in the parent's position.

Ask yourself:

Are the instructions clear to me? Can I easily distinguish between choices offered in the map?

What do I need to know to offer this Home Practice in a lively and inviting way?

Consider jotting down notes for yourself as you complete the Art Process.

Using the map for Welcoming My Baby, select an Art Process option that seems least clear to you.

Complete the assignment (using whatever topic is meaningful to you as the prompt for your art).

After completing it, make note of anything that will help you to present this art assignment in a way that invites the parent to dive into the process.

Practice leading a colleague, friend, or family member through one of the processes.

Lead a pregnant parent, and/or their partner, through this art process.



**Birthing
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