

**DECEMBER
2025**

**PRENATAL PROGRAM
FAMILY ENGAGEMENT
HOME PROJECT**

Parent's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____



TOPIC: Measuring Belly

**WEEKLY
TOTALS**

Why this activity? Provides an opportunity for caregivers to embrace the pregnancy and celebrate their growing baby

What we need:

- 1 piece of cardboard paper
- Pen or markers
- Collage material
- Yarn, strips of construction, fabric, etc.

How we do it?

- At the beginning of each month measure from the top of the belly to the bottom. Use a piece of yarn, etc. and glue it on the construction paper
- At the beginning of each month take a picture of Mom standing sideways in the same spot and watch how she and baby grow and add next to the string.



Note: Fun for mom/dad/partner to do together. Take a picture and share with home visitor.

5 hrs

Parent Name: _____ Parent Signature: _____

**** The project must reflect the time indicated on the sheet.**