

JULY 2026
PRENATAL PROGRAM
FAMILY ENGAGEMENT
HOME PROJECT

Parent's Name: _____
 Site: _____ Class #: _____
 Teacher's Signature: _____



TOPIC: Mommy Visual Board	Steps	WEEKLY TOTALS
Why this activity? Activity 1: A vision board is a visual representation of your intentions and desires. Think of it as a personal collage filled with images, affirmations, and words that remind you of your goals. Whether it's staying healthy, preparing for birth, or embracing motherhood with confidence. What we need: • A poster board or piece of cardboard (you can use a recycle material for this activity). • Magazines, printed images, or personal photos • Scissors, glue, and tape • Stickers, washi tape, or calming colors for design • Markers or pens for writing affirmations • Inspirational quotes and phrases • Personal mementos, such as ultrasound images. Tip: Practice Daily Affirmations: Repeat positive statements about your pregnancy, birth, and motherhood journey.	 Step 1: Define Your Pregnancy Goals Start by identifying what you want to experience during your pregnancy. Write down 3-5 key goals and ensure they align with your personal needs. Be specific about what success looks like in each area to make your vision board more effective. Step 2: Gather Your Materials You can create a traditional or digital vision board—whichever fits your lifestyle best! Step 3: Choose Your Visuals Find images, words, and affirmations that align with your pregnancy vision. Step 4: Arrange Your Board with Intention Organize your vision board in a way that feels soothing and inspiring to you. Group similar themes together—wellness, delivery, bonding—to make visualization easier. Leave space for updates and modifications as your pregnancy progresses. Step 5: Display It Where You'll See It Daily Your vision board should be a daily reminder of your positive intentions. Place it where you'll see it often—your bedroom, meditation space, or even as a wallpaper on your phone. Consider incorporating it into a morning or evening ritual where you take a few moments to reflect on your goals.	
5 hrs.		5 hrs.

Parent Name: _____ Parent Signature: _____

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