Meet and Greet (first meeting)

Purpose: To get to know each other

The Meet and Greet is a great way to really talk about birth and what the mother might need after the child is born. Even if you are already friends with the mother, you may not have had a chance to really talk about what she needs after the baby is born. This is a great time to talk about your own experiences with birth and babies (even if you haven’t had a baby yourself, you might have seen a relative or friend give birth, or taken care of siblings or friend’s babies). This is also a good time to talk about what kind of birth the mother is looking forward to having. For some moms, it’s important to be in a hospital, but other moms may want to have the baby at home with a midwife, or by themselves. It’s important to support the mother’s choices on how to give birth, even if you would choose a different way.

(Sidebar Insert)

Biases!

We all have biases. A Bias is when you think something is always right, and you judge everyone who doesn’t as wrong. When you have a bias