




ASHLEY
ELLEN
HYPNOBIRTHING




Baby Shower/ Mothers Blessing Ideas

A baby shower is not just about preparing for the baby, but also a chance to honor and pamper the mama-to-be. This celebration is an opportunity to show her love, appreciation, and support as she transitions into motherhood. When a mother feels nurtured and cherished, it creates a sense of calm and confidence, which is essential not only for her well-being but also for the baby. The emotional state of the mama deeply affects her child, as babies are attuned to their mother's feelings. By surrounding her with love, positive energy, and relaxation, we create a supportive environment that benefits both mother and baby.

Beyond the practical gifts, a baby shower can serve as a beautiful initiation into motherhood. It's a time to honor her journey, celebrate her strength, and make her feel special. Pampering her with moments of care and attention, whether through a relaxing ritual, thoughtful words, or simple acts of kindness, helps the mama feel valued and empowered as she steps into this new chapter of her life.

This love and support are the foundation she will carry with her as she welcomes her baby into the world.





Circle of Blessings

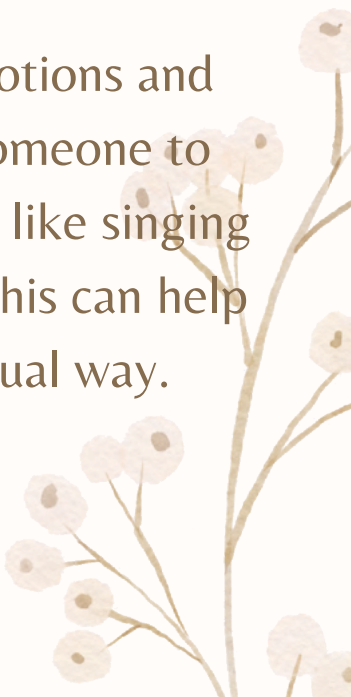
Gather close friends and family in a circle and invite each person to offer a blessing, or word of encouragement to the mama. This could be a wish for her strength, peace, or an affirmation of her readiness for motherhood. The mama can take these blessings into her heart as she moves through her pregnancy and beyond.

Beading or Bracelet Ceremony

Have each guest choose a bead and bring along. Sit in a circle and have guests string their bead to a bracelet or string, symbolizing their blessing or wish for the mama. As the beads are added, they can share their thoughts aloud or quietly. The finished bracelet serves as a beautiful reminder of the love and strength surrounding her as she prepares for birth.

Music or Sound Healing

Music can be a powerful way to connect with emotions and celebrate the mama's journey. You could invite someone to play soothing live music, or use sound healing tools like singing bowls or chimes to create a calming atmosphere. This can help the mama feel grounded and uplifted in a spiritual way.





Quilt Making

Guests are asked to bring a square of fabric (often a piece of material that they've chosen themselves that represent them) to the event. These fabric squares are then sewn together to create a quilt for the Mama and baby.

Belly Painting


If the mama is open to it, belly painting is a fun and creative way to celebrate the pregnancy. A skilled artist or even a creative friend can paint beautiful designs or themes on her belly to create a memorable piece of art before the baby arrives. Painting your hands and placing them on Mamas belly while sharing words is a beautiful idea!


Belly Vast/ Belly Cast Painting

Belly casts are a heartfelt, fun, and creative way to honor the mama's pregnancy and create a tangible, lasting memory of her journey into motherhood. Plus, it's something she can cherish for years. Mama and a close friend could always create the cast and have it ready for painting at the ceremony.

Pot Luck Meal

A pot luck meal is where each guest brings a dish to share with others. It's a great way to enjoy a variety of homemade meals, and it allows everyone to contribute to the event in a casual and communal way.





Letters of Love

Each guest writes a heartfelt letter to be opened during labor or postpartum, offering strength and encouragement.

Flower Crown Making

Guests create a floral crown for the mother to wear. Or get one made for her to wear at the celebration/initiation.

Affirmation Flags or Stones

Guests write empowering words on fabric flags or small stones for the mother to place in her birthing space.

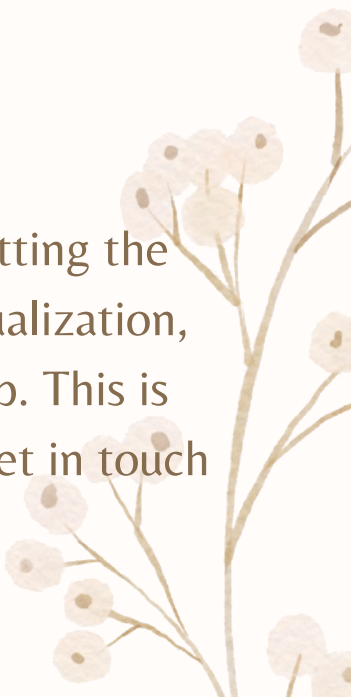
Candle Ceremony

Each guest lights a candle and shares words of encouragement.

The candles can be relit when the mother goes into labor, symbolizing support from afar. You can add candle for people who cant make it and for loved ones who have passed on.

Group Meditation Journey

Filling the mother and the group with peace, and setting the environment up with tranquility. Through guided visualization, everyone can feel connected to self and to the group. This is something I can provide for your group. Feel free to get in touch and we can discuss ideas.





Gathering Resources to Help Mama


Pooling your resources to gift Mama with support is a wonderful idea because it focuses on supporting the mama-to-be in a holistic, thoughtful way, not just with physical gifts, but with experiences and services that nurture her mind, body, and spirit. Pregnancy and childbirth can be intense, and ensuring she has access to tools like Hypnobirthing classes, massages, chiropractic care, and postpartum support can help her feel empowered, balanced, and cared for. Here are some ideas for the Mama to consider.

Hypnobirthing Classes

I may sound a little biased when it comes to Hypnobirthing, but it truly has so many benefits for expectant mothers! Hypnobirthing isn't just about breathing techniques or relaxation; it's about empowering mothers to trust their bodies and minds as they approach childbirth. It helps reduce fear and anxiety, promotes relaxation, and encourages a positive mindset, which can lead to a calmer and more confident birth experience.

Meal Train

Organize a meal train to provide home-cooked meals for the mama during the postpartum period. This helps her avoid cooking and ensures she gets nourishing food while adjusting to life with a newborn. There are great options out there such as Hello fresh, My food bag and many more.





Pregnancy Massage

Prenatal massages can help alleviate pregnancy discomforts like back pain and swelling. A relaxing massage can also reduce stress and promote well-being. Its a lovely way to pamper Mama.

Chiropractor Care

Gift a few sessions with a chiropractor who specializes in prenatal care to ease pregnancy-related discomforts and help with optimal baby positioning.

Birth/ Postpartum Doula


Hire a postpartum doula to assist the mama after birth, offering help with newborn care, breastfeeding, and emotional support.

Yoga Classes

Gift a prenatal or postnatal yoga class series to help the mama stay active and prepare her body for labor or recovery. If in-person classes aren't available, consider online options.

Postpartum Care Team

Organize a team of friends or family to help with baby care, household chores, or errands in the weeks after birth. Set up a sign-up sheet to ensure the mama has consistent support.





Pregnancy Photo Session

Arrange a maternity photo session to capture the mama's pregnancy glow and celebrate the anticipation of the new arrival. A photographer specializing in maternity portraits can make the experience extra special.

Postpartum Care Package

Create a care package filled with comfort items like herbal teas, bath salts, cozy socks, postpartum recovery products, and nourishing snacks to help the mama feel pampered and supported.

These thoughtful ideas help provide the mama with practical support, relaxation, and love as she prepares for motherhood.



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