

A Mother Blessing Invitation

For Mommy & Daddy To-Be

What is a Mother Blessing?

The practice of celebrating pregnancy and the birth of a new *mother* transcends almost all human cultures. Unlike the traditional American baby shower which is usually focused on the baby, the Mother Blessing's focus is positive energy to prepare the mother and her birth partner for labor and childbirth.

There are many ways to celebrate a Mother Blessing and we will include the following "rituals" in our Mother Blessing: the creation of a birthing necklace (to be worn during labor), the creation of a set of meditation stones for use during labor as well as sharing thoughts, poetry, songs, personal stories, prayers, best wishes and gifts with the expecting parents.

Date
Time

Given by:
Host Name
Location

Please RSVP:
phone/email

Directions:

Parking/Public Transport:

What do I bring to a blessingway?

- ✂ Yourself – most importantly!
- ✂ A bead, trinket or charm to include on the birthing necklace. Your bead should symbolize your wish for the mother and baby in labor and birth as it will be worn by (Mother's name) while she is in labor.
- ✂ A gift. It is traditional to give handmade gifts at a Mother Blessing. However, if you are not crafty, a "handmade" gift can come in many forms including:
 - ⊗ A poem to read or song to sing at the Mother Blessing
 - ⊗ A dish to be frozen and eaten after the baby arrives but before anyone feels like cooking
 - ⊗ "Coupons" for babysitting, house cleaning or dog walking to be "redeemed" after the baby is born