

## **Blessing Ways are a wonderful way to celebrate a mother as she prepares for her birthing time.**

### Guide to Create a Blessing Way for an Expecting Mom

So, you have decided you are going to have a Blessingway, what now? To help you get started we have put together a quick guide to planning your event.

#1 Ask for help. No, you don't have to wait for someone to offer. Or, throw it for yourself. Yes, you can do that. But it is best to have help. Be specific about your expectations with your helpers.

#2 Decide on a guest list. No, you don't have to invite everyone. It is an event to celebrate childbearing and the mother should only be surrounded by positivity and those who support the mother's desires for this birth.

#3 Share our essay, "Mother-Centered Baby Showers," in [The Gift of Giving Life](#), with your helpers and attendees if they are unfamiliar with Mother Blessings. That way everyone is on the same page.

#4 Pick your theme. This doesn't need to be fancy but when I say theme, I mean it is nice to have an inspirational quote, scripture, or key word that centers you as you prepare for this birth. The Mother Blessing can be centered around this theme. A nice theme sets the tone for the attendees as well and should be included in the invitation.

#5 Decide on where you will hold the Mother Blessing. The event should be held where you feel most comfortable. Most of the time it is held at the home of the mother-to-be because it is usually a place where the mother will feel at ease. However, it can be nice to have someone else host if it makes it easier for you.

#6 Choose a date. This is sometimes difficult because of our busy lives and trying to accommodate everyone but first, you have to be available. And it is ok if your event is modestly attended. It allows for an intimate event. Invitees can send their wishes and have them read to you if they are unable to attend.

#7 What activities will you include? Will you be making a blessing bracelet or necklace in which attendees contribute a bead or charm? Some mothers opt for a quilt or a birth affirmation banner with everyone contributing a fabric square. Most mother blessings include a wish written by each person for the mother along with making a meaningful project of some kind together. The wish can be read aloud to the mother and then compiled for her to keep and read again as the birth day approaches. Just type in "blessingway" or "mother blessing" in your search engine for more ideas.

#8 Consider an activity that creates unity. For example, take a string and wrap around everyone's wrists together - so that everyone is by the string. Talk about how we are all connected and supporting the Mother. Then cut the string and each person ties their own section around their wrists to wear until the baby is born. Each time we notice it we send good wishes towards the Mom and baby. Another idea is

to send each guest home with a candle to light when the mother goes into labor only to be extinguished when the baby is born.

#9 Gifts or no gifts? That is up to you. A baby shower and mother blessing can be tastefully blended together, or you can inform guest that it is only their presence and birth blessing you desire. Many moms ask for freezer meals to help them ease back into their routine after having the baby. It is up to you.

#10 Invitations do not have to be fancy. They can be as informal as an email or text but we are girls aren't we? Sometimes it's fun to put together an invitation that fits your theme.

#11 Soul food. Pick a simple menu of healthy comfort foods that feed your soul.

#12 What about the kids? Again, personal preference. Some kids like to be involved and it can become a special way for the them to bond with their new sibling before they are even born. Or it can be nice to get a babysitter and relax without them there. Either way, let guests know whether their children are invited or not.

#13 Setting the tone. If you love to decorate then this is your moment! However, no special décor is required. I enjoyed picking a bouquet of wildflowers for the last mother blessing I attended. We also made a beautiful head wreath with them for the mother. You can choose a soothing essential oil to diffuse to set the atmosphere too. The possibilities are pretty limitless. Have fun with it.

#14 Sit back, relax and open your heart. This is a special time, and it is your time. Enjoy it.

Remember, if it is at your house, to ask for help with clean up.

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