

Birth Vibes

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

Do you know the story of the day you were born? Who told it to you, and what detail always gets repeated?

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WARM-UP

2

Where were you and what were you wearing (pajamas count) while you read this book? Did any moment make you laugh out loud or tear up?

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DISCUSSION

3

Nurses are often strangers who become very important for a single day. Has a caregiver, nurse, or stranger ever made you feel safe during a scary or vulnerable moment?

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DISCUSSION

4

The book moves between funny moments and tender ones. Which kind stayed with you more, and why do you think humor and deep emotion so often show up together?

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DISCUSSION

5

What did the book make you feel about the people who care for others all day and night? Did it change how you might thank a nurse or caregiver in your own life?

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DISCUSSION

6

Birth is a beginning for a whole family, not just a baby. What welcomes, traditions, or rituals (meals, visits, keepsakes, names) mean the most to you or your family?

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DEEP

7

Delivery rooms hold great joy and sometimes real heartbreak. How did the author's way of holding both at once affect you, and what did it teach you about showing up for someone during hard news?

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DEEP

8

By the last page, what feeling did you close the book with? Is there one story or idea you want to carry with you, or pass on to someone expecting or caring for others?

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