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## Ten golden rules for future parents

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We are often wondering...

-When does the education of a child begin?

-When should we start caring for a child's health, good character and intelligence?

-How soon can we transmit optimism, cheerfulness and life values to our baby?

"Nine months prior to birth" according to Socrates and modern science!

Researchers from all over the world, in the fields of medicine, biochemistry, physiology, genetics, epigenetics and psychology have shed a new light on prenatal life, from conception to birth, acknowledging the importance of this period for the health, psychological balance and creative potential of tomorrow's adults. In the womb, the baby receives physical, psychological and spiritual information that contributes – as much as the genetic material received at conception – to the formation of the human being he or she is becoming. A person's lifelong health, inner balance and cheerfulness, his or her soul's aptitude to give and receive love, as well as character traits such as intelligence, skills, gifts, and virtues depend on those nine months. Once born, and throughout life we unconsciously draw from the molecular information gathered during these months! Even the capacity for self-love, for loving others as well as nature and life, takes root in this initial period. The formation and programming of our circulatory, nervous, hormonal, immune, digestive, muscular and skeletal systems are established in the womb. It is there that their good development has to be ensured. The mother is constantly transmitting her blood and also her energy to the baby: her thoughts, her emotions and what she lives are translated from her blood's biochemistry directly to the baby as valuable information. The baby's cells and organs record everything. These memories, these imprints become programs and have a lifelong influence on the person's mind and character. A background of pessimistic thoughts, relentless stress or sadness in a pregnant mother will predispose, her child to develop a sad and pessimistic temperament, diminishing his or her desire to live and communicate with others. Aggressiveness, anti-social behavior and self-destructive tendencies often then develop. On the other hand, when an expectant mother is optimistic, hopeful, loving, good humored and lives a harmonious existence, she generates imprints that convey an optimistic, joyous, altruistic and creative temperament to her child who will be able to develop a pacific and convivial attitude, thus succeeding in expressing inner treasures and wonderful aptitudes. As body and mind are interdependent, what the mother lives becomes the biology of the fetus. Nine months are enough to change the world!", mothers and midwives from Spain say. Understanding the depth of this truth is extremely significant and implies a powerful role of the parents in their children's formation and consequently of the midwives guiding them. The ten golden rules that follow are a simple and precious gift for future parents and midwives advising some practical and primal information, concerning health of body and mind! It transmits a more constructive way of life, filled with love, beauty, art, music, enthusiasm and positivity. I hope you'll appreciate them.

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## Notes: