



The Happy Mum's Daily Taegyo Checklist



Because supporting Mum is one of the best ways to care for the whole family.

Taegyo (태교) is a Korean tradition of caring for the pregnant mother, connecting with the baby, and preparing for parenthood together.

You can begin these gentle Taegyo practices anytime after pregnancy is confirmed. Choose what feels good today, this week, or whenever you need a small moment of care.

— ♥ — You do not need to check every box.
One small moment already counts. — ♥ —



HOW AM I FEELING TODAY?

Rested / Okay / Tired / A little overwhelmed — all of it is valid.
This is not a test. It is just a gentle check-in with yourself.



5 MINUTES OF DAD'S VOICE — OR A PARTNER'S VOICE

Say the baby's nickname, read a page of a story, sing softly, or talk about your day.
Your baby is already learning the sounds and rhythms of the people who love them.



5 MINUTES OF BREATHING TOGETHER

Sit side by side, hold hands, and take a few slow, comfortable breaths.
You do not need perfect calm. Just a little pause.



A GENTLE HAND ON THE BELLY

A little touch, a little "hello in there," a little moment of connection.
If it feels good to Mum, it counts.



ONE THING THAT MADE ME SMILE TODAY

A good meal, a funny video, fresh air, a favourite song, five quiet minutes — it all matters.
Joy does not have to be big to be meaningful.



ONE THING I ASKED FOR HELP WITH

A meal. A chore. A nap. A listening ear.
Delegating is a Taegyo practice too. Mum was never meant to do this alone



Magic Spells for Mum

Daily Affirmations

- “I do not need to be a perfect parent. I only need to be real, loving, and supported.”
- “It is okay to feel tired or worried sometimes. One difficult moment does not define my pregnancy — or my love for my baby.”
- “My body is doing something extraordinary today, even when I am simply resting on the sofa.”



The Official Family Rulebook

(To be read aloud to Dad, Grandma, Grandpa, aunts, uncles, and anyone else who lives here.)

- Rule 1:** If Mum is happy, celebrate it. If Mum is not, show up with support — not advice.
- Rule 2:** If Mum wants a snack, respond with kindness, not a nutrition lecture.
- Rule 3:** If Mum wants to nap, watch Netflix, or do absolutely nothing, respect the sacred Taegyo assignment.
- Rule 4:** Mum is the expert on how she feels. Even when she says, “I’m not sure yet.”
- Rule 5:** Dad’s job: Talk to the belly (Science fact: Your deep voice travels perfectly through the amniotic fluid!), bring snacks, hold hands during breathing time, help with practical things, and ask, “What do you need?”
- Rule 6:** Every wanted hug counts as a Taegyo activity. Yes, even the long ones from Grandma and Grandpa.

Tiny but important note:

Medical, nutrition, and safety advice from your pregnancy-care team always comes first

Want to explore the science, Korean tradition,
and practical ideas behind Taegyo?

Join the Baby Angels Taegyo Masterclass + Live Q&A

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