

Parenting Begins Before Conception

Excerpt from a presentation by **David B. Chamberlain, Ph.D**
Author, **The Mind of Your Newborn Baby** (3rd ed.) 1998

~~~~~

If you ask most people when parenthood begins, they say it begins *after birth* when there is a real baby to take care of. "Lady in waiting," has been used to describe a passive pregnancy; what the mother is "waiting" for is the birth of her child. Three big facts about the dynamic period from conception to birth warn us to start parenting *before conception*—or risk being many months late!

First, the gestation period may seem lazy and slow, but science reveals it actually moves at jet speed. In just twenty-one days after the meeting of egg and sperm, the heart will begin work circulating blood. Eight weeks from conception, the basic organs of the body are already in place. The quality of that little heart system and all the organs of the body will largely depend on the vibrant health of both parents and the vibrant quality of the mother's diet at that time—when you may not even know you are pregnant.

Second, parents are the principal architects of the brain. A critical time in development of a normal brain and spinal cord is Day 23 and 24 from conception when the neural tube needs to close on both ends to avoid defects. Genes are at work here, but the Environment (mainly the health and love of parents) is sending them signals to turn on or off. At all times, love will signal safety for growth. Do you want to be there for this?

The third big fact that redefines and reschedules parenting is that babies are more powerful communicators than we ever imagined. Communication will not wait: beings of all sizes and ages are sending and receiving signals. Evidence is piling up that they possess essential qualities of knowing and awareness and want to connect with you.

The challenge of parenting is to be there from the start, and preferably *before!*

