

Icebreaker Bingo

For each category, find someone who can answer yes to the question, and then write their name in the box. Don't use the same name more than three times – move on to find someone else!

Your baby	Experience with babies	Experience with / knowledge of birth	Plans for birth	Plans for baby
Who is having a boy?	Who has never changed a diaper?	Has watched a TV reality show about pregnancy or birth	Whose care provider is a midwife?	Who will be a stay-at-home parent?
Whose due date is later than yours?	Who has never held a newborn? (under 1 month)	Who has been with a woman in labor?	Is anyone birthing at the same hospital as you?	Who will go back to work by 4 months after birth?
Who doesn't know if it's a boy or a girl?	Who has worked as a childcare provider or nanny?	Who is scared or anxious about some aspect of birth or parenting?	Who is considering hiring a doula?	Who plans to breastfeed?
Whose due date is earlier than yours?	Who has lots of friends with kids?	Who knows someone who has birthed at home or in a birth center?	Who has heard "horror stories" about birth or breastfeeding?	Who plans to use cloth diapers?
Who is having a girl?	Who feels like the first person in their friend group to have a baby?	Who has read more than 5 books about pregnancy and birth?	Who has heard positive, empowering stories about birth or breastfeeding?	Who has bought a car seat already?