



The Taegyo Family Guide

Because taking care of Mum
is one way the whole family
can care for the baby.

For Dad, Grandma, Grandpa, aunties,
uncles — and everyone who loves Mum.

Created by Jiwon Yoon, Ph.D.
In partnership with Baby Angels

SWIPE →



Taegyo isn't Mum's job
alone.

Pregnancy changes more
than one person's life.

Partners and family can
help create an
environment where Mum
feels cared for, heard and
supported.

Everyone has a role.

SUPPORT, NOT ADVICE.

If Mum is happy, celebrate
with her.

If she's having a difficult
day, show up with support
— not a lecture.

Try asking:

“Do you want
advice, help, or
just someone to
listen?”

HELP BEFORE SHE HAS TO ASK.

- ✓ Bring a meal.
- ✓ Do a chore.
- ✓ Run an errand.
- ✓ Refill her water.
- ✓ Protect her rest.

Small practical acts can
create more room for Mum to
rest and connect.

REST COUNTS.

- ✓ Nap?
- ✓ Netflix?
- ✓ Doing absolutely nothing?

Respect
the sacred
Taegyo
assignment.

Rest does not have to be earned.

CONNECT WITH BABY TOO.



Talk.



Read.



Sing.



Say good morning.



Tell the baby about
your day.

Taegyo can make pregnancy a
shared family experience —
something you begin together.

Ask Mum:

“What do you need?”

And believe her answer.

Some days she may need company.

Some days practical help.

Some days quiet.

There is no one perfect way to support someone through pregnancy. Showing up with care is a beautiful place to begin.

Discover Taegyo as a family.

Baby Angels Taegyo Programme &
Live Q&A

Starting 6 December 2026

LEARN MORE / REGISTER



Share this with someone supporting Mum



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For education and family connection. This resource complements, but does not replace, medical or antenatal care.