



The Happy Mum's Daily Taegyo Guide

Small moments of care.
Small moments of connection.
They all count.

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

SWIPE →



What is Taegyo?



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



It doesn't have to be complicated.



Start with one gentle moment today.

How am I feeling today?



Rested.



Okay.

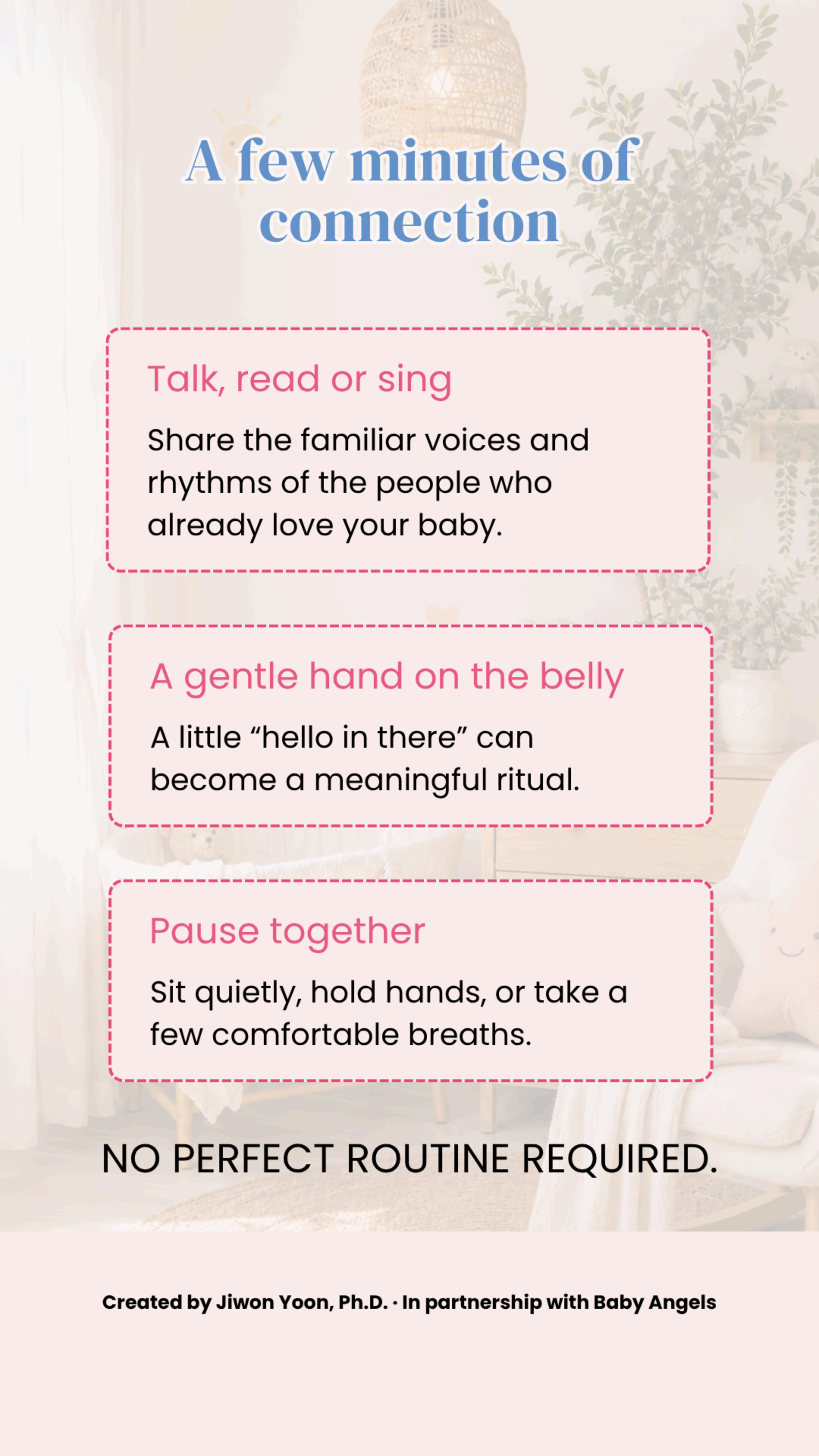


Tired.



A little overwhelmed.

All of it is valid.
This is a check-in, not a test.



A few minutes of connection

Talk, read or sing

Share the familiar voices and rhythms of the people who already love your baby.

A gentle hand on the belly

A little “hello in there” can become a meaningful ritual.

Pause together

Sit quietly, hold hands, or take a few comfortable breaths.

NO PERFECT ROUTINE REQUIRED.



What made me smile today?



A good meal.



Fresh air.



A favourite song.



A funny video.



Five quiet minutes.

**JOY DOES NOT HAVE TO BE BIG
TO BE MEANINGFUL.**



What can I ask for help with today?

A meal.

A chore.

A nap.

An errand.

A listening ear.

**ASKING FOR HELP CAN BE A
TAEGYO PRACTICE TOO.**

**Mum was never meant to do
pregnancy alone.**

I do not need to be a perfect
parent.
**I only need to be real, loving, and
supported.**

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

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

Baby Angels Taegyo Programme &
Live Q&A

Starting 6 December 2026

LEARN MORE / REGISTER



Save this for a gentle reminder



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