



Central and
North West London
NHS Foundation Trust

Talk to your bump

Information for parents



Wellbeing for life

Did you know?

Even before birth, babies are learning. Here are some ideas to try to help your baby develop even before they are born!

By six months of pregnancy your baby can already:

- Hear music and voices
- Start to recognise the familiar voices of mum and dad
- Learn and remember.

Bonding begins before birth

We all know how important bonding is between you and your baby following birth.

But bonding begins before birth, especially in the final two to three months of pregnancy.

You can help this bonding by following the ideas in this leaflet.

Talk to your bump

Talk to your bump about what you are doing in everyday life. Don't worry about sounding silly, your baby will like the sound of your voice.

- Your baby will enjoy listening to dad talking just as much as you!
- Notice how your baby relaxes at the sound of familiar voices, and will become calmer and quieter when you are talking to them.

Use songs and music

Babies love nursery rhymes and lullabies even before they are born! You may feel your baby moving more or calming when you sing. Your baby will recognise these songs after they are born.

Listen to your favourite music. It can help you and your baby relax. Your baby will respond to how you are feeling.

When baby is born:

They will already know your voice is special and will be calmer when they hear you talking to them.

Your baby will start to communicate with you from the time they are born.

They will:

- Cry to show they are tired or hungry
- Show you that things are interesting by looking and reaching.
- Wriggle their arms and legs to show excitement
- Coo and babble to get your attention
- Watch your mouth and copy your face - sticking their tongue out, opening their mouth wide
- Enjoy you copying the noises they make and take turns with you- this is their conversation.

What can you do to help?

Talking and playing with your baby makes a really big difference to how they develop and learn.

Have fun together!

- Copy your baby's noises and then smile. Wait for them to "talk" back to you
- Tell your baby what you are doing during the day. Your baby won't understand yet- but this is how they learn to talk
- Carry on singing to your baby – your baby will love hearing your voice. Nursery rhymes and lullabies are good
- Look at books together – talk about what you can see. Your baby will love listening to your voice and looking at the pictures
- Play the same games over and over – your baby loves to know what will happen next
- They learn through repetition Use actions and gestures with words – wave as you say 'bye-bye'
- Only use a dummy at set times like bed time.

Important things to remember:

- It is never too early to talk to your baby
- Talk in the language that you know best
- You are more interesting than any toy!
- Dummies stop babbling and hide smiles.



Concerns

If you have any concerns about your baby's speech, language, hearing or any other part of their development, you should discuss this with your Health Visitor.

For more information visit:

www.talkingpoint.org.uk

www.ican.org.uk

[www.literacytrust.org.uk/
talktoyourbaby](http://www.literacytrust.org.uk/talktoyourbaby)

www.bookstart.org.uk

Tell us, we're listening

Our staff want to know how they are doing. Tell us what you think at www.cnwl.nhs.uk/feedback and then we'll know what we have to do.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish