# **Tuning in with your baby**

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

Communication tips from early pregnancy onwards.

## FROM PREGNANCY ONWARDS - YOUR BABY NEEDS YOUR HELP!

#### **CHAT TO YOUR BABY**

- From early in pregnancy babies start to communicate with you.
- By your 20 week scan, your baby can hear your voice and react to sounds even though you may not feel this.



 As pregnancy continues, you become aware of how your baby reacts to different types of music, voices and loud sounds.



#### THINGS TO DO

- When you feel your baby kick, try gently tapping your tummy and wait to see if your baby responds. This may take several attempts! Some babies may kick to the rhythm of music and some may quieten to listen.
- Sing Nursery Rhymes and play soothing music, so your baby knows them well even before they are born. Read aloud from a book.



 Some Mums say that after birth their babies settle easier because they recognise the familiar sounds.

### Songs to try

'This is the way we rub our tums!' or 'Rock a bye baby'

#### CONGRATULATIONS!

- Your baby has arrived. He is eager to get to know you better and learn about the world around him.
- People often think that young babies just sleep and eat, however, if you watch, wait and listen closely you will see your baby is sending you messages right from birth.
- Babies communicate in different ways through body language and sounds. Babies show us what they like or dislike. At first, babies do not realise that they are sending messages but as parents react to their signals they learn they are communicating.



#### THINGS TO DO

- If your baby is interested and looking at you, hold them about 9 inches away, face to face. Try sticking your tongue out and wait.
  You will be amazed to see your baby slowly copy you.
- Watch for your baby moving to the sound of your voice.
- Copy your baby's sounds and see how they react.
- If you would like some more information or advice, then contact your Midwife, family Health Visitor or the SureStart Speech and Language Therapist.

By helping your baby to learn, to listen and to communicate you are giving them the best possible start in life.



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