

## Exercise

# BONDING BEFORE BIRTH, YOUR RELATIONSHIP WITH YOUR BABY

Your baby can hear you from inside the womb from 16 weeks.

Try talking, singing, or reading to your baby.

What do you notice about your baby when you talk: does your baby get more active, or are they more still?

Is it different when different people talk?

You can read and sing to your baby in the womb. They will get used to your voice and it will make them feel safe and secure after they are born. Have you noticed what kind of songs your baby prefers?

Lots of people find it feels silly to talk to their baby but your baby will love it.

There is a poet called Holly McNish who describes how silly it can seem, but how important it is:

**What it is like to talk to a silent baby**