

Before birth – You can make a difference

Babies learn all sorts of things before they are born

Try...

Quiet time to talk



- Your baby needs to hear your voice clearly.
- Every day have a quiet time to talk to your baby.
- Turn off noisy things like the TV, kettle and phone.

Talk to your baby



- Your baby can hear, and will learn to recognise your voice.
- This will make your baby feel secure now, and when it is born.

Sing and play music



- Music and singing will help your baby learn words.
- Your baby learns from hearing favourite songs and tunes over and over.

Interesting voice



- Your baby will listen to, and remember, an interesting, tuneful voice better.