

# Talking Tips

Families **talk** now

## Did you know?

Your unborn baby can hear things from as early as 12 weeks. They can even recognise their parent's voices straight after birth because they will have heard them in the womb.

What makes Mum relax also relaxes her unborn baby. When pregnant women listened to soothing music, researchers found that the baby's breathing slowed down.

Newborns arrive with a love of human faces. Research shows they follow face-like patterns with more interest than any other similar colourful patterns. All this means your baby will want to look at and hear you more than anything else!

## Once your baby is born...

### Good ways of making your baby feel secure are:

- Skin to skin contact both at delivery and in the weeks to come from both Mum and Dad.
- Watch your baby to see how they respond to you.
- Give your baby lots of cuddles with eye to eye contact. Your baby needs frequent holding and touching - you can't do enough of this.
- Talking or singing to your baby during activities such as nappy changing and bathing.
- Baby massage.
- Sharing a book with your baby -it doesn't have to be complicated. Your baby will love hearing your voice as you talk about the pictures or let them touch the pages.
- Playing with your baby helps them to learn.
- Involve your baby's dad in all of these activities.

Enjoy your baby and have fun together.

Encouraging attachment helps you learn together which supports their speech and language development as your baby grows.

