



Midwife
CBeebies Parenting films
to deliver key messages
Antenatal Visit



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Look after yourself

From 15 weeks onwards, your baby can hear familiar sounds - especially your voices

Why is this important?

Babies in the womb react to how you are feeling. Their nourishment comes from you. If you look after yourself during pregnancy, you will be giving your baby the best start.

What can you do?

Relax when you can. Eat healthy foods. Attend all your health appointments. Let friends and family help you if they offer.

Scan here to watch the film
Slowing down before baby arrives



Why is this important?

This can help form a secure bond between you, your family and your baby. It helps your baby be familiar with sounds they will hear when they are born.

What can you do?

Be aware of how baby moves when you hear different sounds, TV, noises outside, voices. Talk or sing to your baby in pregnancy. Encourage your partner and family to join in.

Scan here to watch the film
Singing to baby



Build a bond from the start

Preparing to interact with your baby

Why is this important?

Babies develop best when they feel secure and have an 'emotional attachment' to a key carer. When a parent tunes into their baby and meets their needs, they help them to develop and feel more content.

What can you do?

Spend close time with baby. Talk to them face to face, touch them and hold them. Look out for any clues they are giving you with faces they pull or movements they make.

Scan here to watch the film
Cuddle time



Why is this important?

Looking, making eye contact, talking and responding to baby all help your baby bond with you and encourage them to interact back. This in turn helps a baby's brain to grow and can lead to good speech, language and communication skills later on.

What can you do?

React when baby makes cooing and babbling sounds - copy, smile and imitate. Pause and wait for baby to respond. Take turns making noises and pulling funny faces - like sticking your tongue out!

Scan here to watch the film
How babies develop brain connections even before birth

