



## Midwife

Tiny Happy People films to deliver your key messages

### Antenatal Visit

#### Look after yourself

**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.

**Slowing down before baby arrives:**

<http://bit.ly/Slowingdownbeforebabyarrives>



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

**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 bump, or encourage your partner/siblings to join in.

**How babies learn by listening to the world around them:**

<http://bit.ly/littlelisteners>



#### Build a bond from the start

**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.

**Cuddle time:**

<http://bit.ly/THPCuddletime>



#### Preparing to interact with your baby

**Why is this important?**

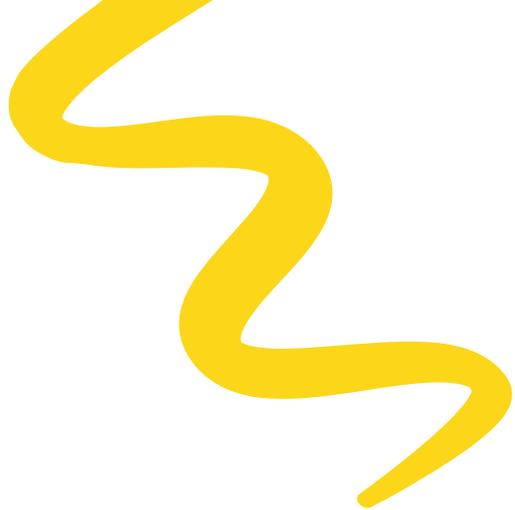
Looking, making eye contact, talking and responding to baby all help your baby bond with you and encourage them to interact back. This in turn helps a baby's brain grow and will lead to good speech, language and communication skills later on.

**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!

**How babies develop brain connections, even before birth:**

<http://bit.ly/Howbabiesdevelopbrainconnections>



**BBC TINY**  
*Happy*  
**PEOPLE**



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