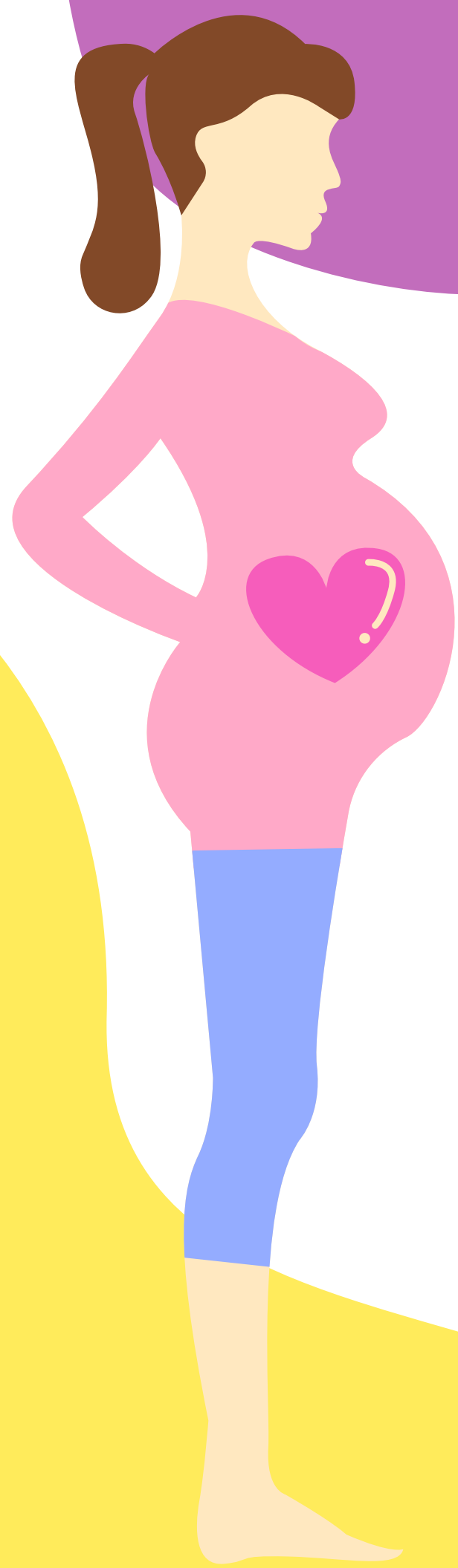




TALK to your bump

Information, ideas and activities to support your growing babies' speech, language and communication



baby



Welcome!

Babies are getting ready to be language learners from inside the womb



Good communication and language skills lead to happy, confident children who are good talkers.

Good talkers make GREAT learners

The best thing is, you don't have to do or buy anything special to help develop their language and communication skills.

All they really need is YOU!

Every time you talk to your baby it builds connections in their brain.

The more you talk the stronger these connections grow, and the easier time they'll have thinking, talking and learning.

This pack has lots of ideas to talk to your baby, before they are even born

Even just 5 minutes spent on one of the simple activities in this book will make a difference.



Did you know...?

Your babies' learning journey starts in the womb. Everything a mother does during pregnancy her baby does too.

From 20 weeks you may start to feel your baby move, see how they react to different sounds.

The more you and others talk to them when they are inside – the more settled they will be by voices when they are outside!

From 16 weeks, your baby starts to hear low pitch sounds and recognise voices. Unborn babies can recognise their mum's voice from 16 weeks and dad's from 20 weeks.

By 24 weeks they can respond to voices. Their mum's voice can calm them down and they can become more still as they listen to it

Babies are developing the building blocks of language from inside the womb



Your growing bump

When your baby hears their favourite people talking in the womb, their brain starts to develop important speech processing skills.

This sets them up to be future word users.

Interactions between others and your unborn baby can trigger happy hormones in your body. Your baby can also feel these too so get siblings, partners, family and friends interacting with your growing bump.



You can play simple turn taking games with your baby before they are even born. If you feel them kick, press gently against it and wait to see if they kick again.



As babies can hear sounds from outside the womb from 15-16 weeks, try playing music to them. From about 26 weeks they may even start to move in response to the music.



Did you know...?

Babies can tune into the rhythm of speech from inside the womb. As different languages contain different rhythms, your baby will be getting used to the rhythm of your speech before they are even born.



Sharing stories with your bump

You may think the only benefits of reading to your unborn baby are the relaxation and bonding you feel. But science shows that reading to baby in the womb helps develop early language learning.

What should I read to my bump?

You can read anything to your bump, even just reading aloud what you usually read, but books with rhymes or a strong sense of rhythm are great to share. Your baby can differentiate different sounds, but can't hear individual words clearly. What they can hear are differences in tones and rhythms.



Can't wait to show you (Belly book)

This specially curved book fits perfectly around a baby bump! When your newborn arrives, read the stories you shared aloud again. Watch as your baby settles in to hear the story, which he or she will recognise and respond to.

Did you know...?

Newborn babies show a clear preference for the rhythm and melody of a song or poem that they heard regularly in the womb. Babies remember a rhythmic poem or story that they heard during the last trimester for up to four weeks after birth, and they're calmed by that familiar story.



Sing to your bump

As babies can hear sounds from outside the womb from around 15-16 weeks, singing is a great experience you can share together. Whether you sing nursery rhymes or pop songs, your baby will love hearing your voice and the rhythm of the music.

Twinkle Twinkle Little Star

Twinkle, twinkle little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are

Click [here](#) or search 'Tiny Happy People' to listen to the song

Click below or search

[Tiny Happy People](#)



to find out the science of singing to your bump

Fact!

Studies show that newborns recognise a song repeatedly heard when they are inside the womb during the last trimester, and are calmed by the melody sung by a familiar voice.

Remember

The development of listening before birth is vital to the progression of listening and attention skills after birth.



Baby Bump Bingo

We've left some space blank for you to fill with your own little talking wins

Use our Baby Bump Bingo board to mark off each time you do an activity from this booklet.

Even if you just do one of these then you are already helping your unborn baby's language development.



Talked to
your bump

Read a story
to your
bump

Sung to your
bump

Played turn
taking tap
with your
bump

Encouraged
someone
else to
interact with
your bump



Want more ideas to up your talking time?
Check out BBC Tiny Happy People
<https://www.bbc.co.uk/tiny-happy-people>

You can also find them on
Facebook and Instagram

