

## Singing to your Bump

...giving children  
the best start

Singing to your baby is one of the first language lessons you can give them. Even before they're born, babies recognise simple music and their parents' voices whilst in the womb. Music and child brain development are closely linked, so the more your child is involved in singing the better it is for their development.

### You are your bump's teacher:

- Singing rhymes helps your baby to recognise your voice
- Touch your bump whilst you sing and see how they respond
- Singing and bonding with your bump will help to nurture your own mental health and relationships

- Babies in the womb can begin hearing sounds and voices from around 18 weeks.
- Your baby will begin to recognise your voice so speaking to your bump will help with that bonding journey.
- Ask your own parents/carers what your favourite nursery rhymes were and print/write out the lyrics alongside a picture to make your own book.
- Search online for nursery rhymes that are popular now and print/write out the lyrics alongside a picture to make your own book. Visit 'BBC Tiny Happy People' website for song suggestions.
- During your pregnancy you are welcome to attend BABES group and someone from the team can help you refer in for Antenatal Babes group. These groups are free and take place at your Family Hub. There you can ask the friendly staff for nursery rhyme suggestions that you can print/write out the lyrics for to add to your own book.

