

Talking to your bump

This activity will help your growing baby start to recognise your voice and will help calm them, getting their brain development off to a great start.

From around 16 weeks into your pregnancy your growing baby can feel the vibration of your voice. They can hear and feel the vibration of deeper male voices easier than higher pitched voices, so make sure dad also talks to your growing bump. This might feel a bit unnatural, but the more you do it the easier it becomes.

Take a look at this video from our friends at the BBC Tiny Happy People

[Talking to your bump - what are the benefits? - BBC Tiny Happy People](#)

This video from the NHS goes into great detail about what it's like for your baby when you talk to them whilst they are still in the womb.

[What can my baby understand and feel in the womb? | NHS \(youtube.com\)](#)

Lovely activities to do with your bump are reading a story book, singing songs or nursery rhymes and playing music.

If you already have a child, get them to talk to their baby brother or sister too before they are born, to help them start to bond. A great place to do this is when you are in the bath, when it's easier to see the outline of your bump as this can help your child feel more connected to their future little brother or sister.

There's more information at [Talking to your bump | Pregnancy | Health for Under 5s](#) and at [Nottshelpyourself | Start Talking Together: Pre-birth](#)

Talking Tips: Chat to your bump, telling them how excited you are to meet them and be their mummy and daddy.



Name of Activity

**...giving children
the best start**

Activity Details



*Place for
an image*

