



South Warwickshire
University
NHS Foundation Trust

time to talk™

A cartoon illustration of a pregnant woman with long brown hair, wearing a purple top, and a man with dark hair, wearing a green shirt, hugging her. They are inside a large green circle. A speech bubble originates from the man's mouth.

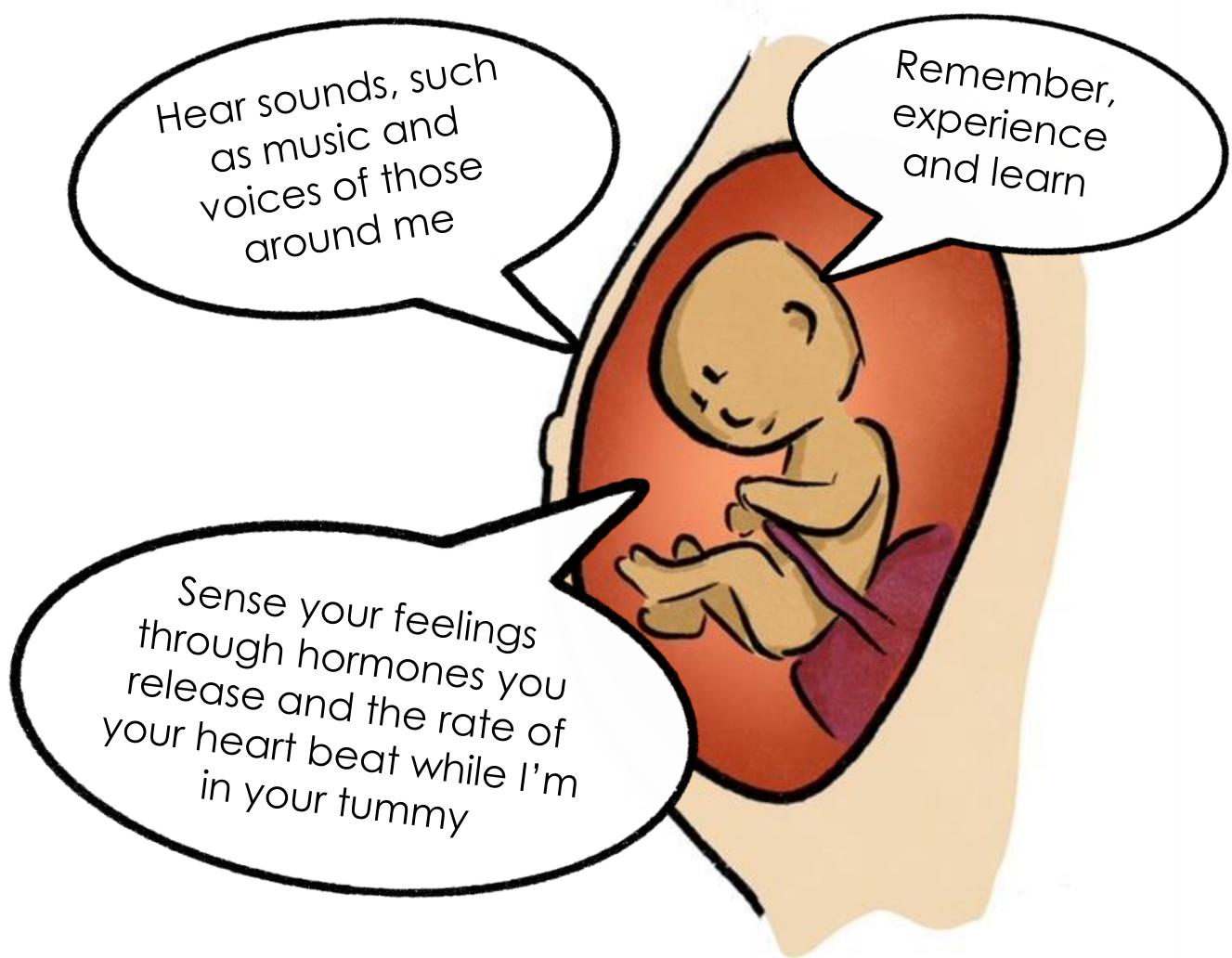
to your
bump

Information for expectant
parents

Did you know...

Bonding starts before birth and your baby has the ability to start learning before they are born?

At around 6 months of pregnancy your baby's brain has already developed enough to allow them to:



This learning in your tummy means that when your baby is born they can be calmed by the sound of you, your partner and other familiar voices. They will also have started the journey of learning other skills such as listening.

Hello
little one

Talking to your bump

- Use everyday activities to talk to your bump. Your baby will pick up on the changes in your tone and pitch and this will help them to develop good listening skills in the future.
- Ask your partner, close family members or friends to talk or read stories to your bump. This is a good way to help baby recognise these familiar voices once they are born.
- Notice how your baby responds when you or others are talking to your bump. They may even relax and settle to the sound of familiar voices.

Singing and Music



- Singing is great for developing listening skills and babies love nursery rhymes and lullabies. Your baby will be able to respond to melodies around 5-6 months into the pregnancy.
- Your baby will recognise familiar songs following birth, helping them to feel calm and secure.
- Listening to calm and soothing music also makes you feel relaxed. Your baby will respond to how you are feeling.
- Gently rocking to music will also help your baby sense and develop movement skills and balance.



Involve all the family

Involving the whole family will help them to form an attachment with your baby before birth and help you following arrival.

Following the New Arrival:

The bond that you and your baby have been developing during pregnancy can be continued following birth.

From the start your baby will communicate with you. The way they cry, coo and smile will help you recognise whether they are hungry or happy. They will soon start to show you that they are interested in communicating with you by looking and reaching when you place them face to face.

Please also check out our:
'time to talk'™ to your newborn leaflet



For further advice/information contact:

Speech and Language Therapy Teams:

South

SLT Dept.
Acorn House
Station Avenue
Warwick
CV34 4RT

North

Speech &
Language
Therapy Centre
Clinic Drive
Nuneaton
CV11 5TT

Rugby

SLT Dept.
Orchard House
Lower Hilmorton Rd
Rugby
CV21 3SR

Stratford-upon-Avon

SLT Dept.
Stratford Healthcare
Building One
Arden Street
Stratford-upon-Avon
CV37 6NQ

Tel: 01926 567 139

Tel: 02476 378 620

Tel: 01788 555 107

Tel: 01789 405100 ext. 346

Equality Statement

At South Warwickshire University NHS Foundation Trust we are fully committed to equality and diversity. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.
- You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio format or in large print. Please contact PALS.



PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services. You can contact the service by the direct telephone line on 01926 600 054, by email at Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

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