



South Warwickshire  
University  
NHS Foundation Trust

# time to talk<sup>TM</sup>

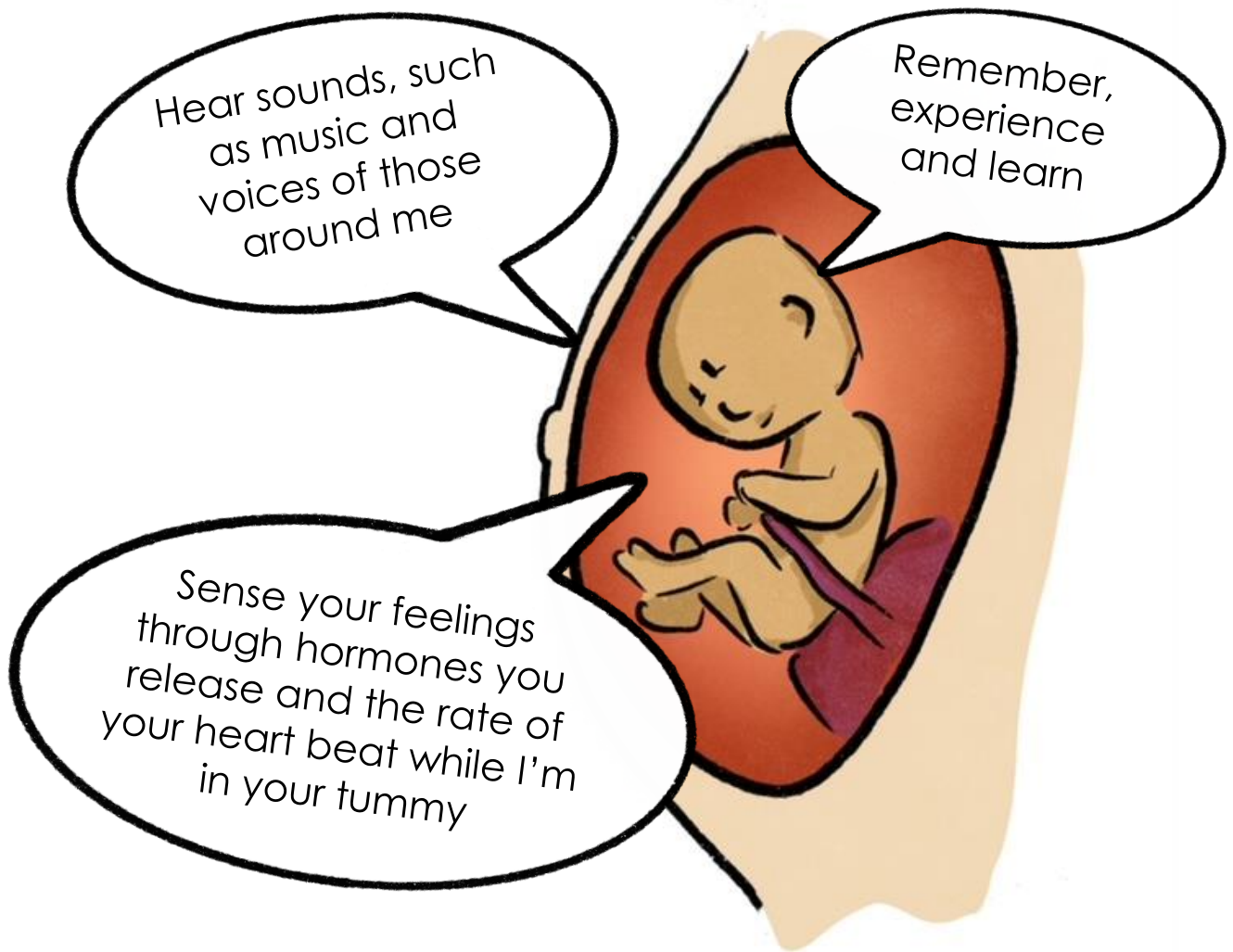


**Information for expectant  
parents**

## 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'<sup>TM</sup> to your newborn leaflet



## For further advice/information contact:

Speech and Language Therapy Teams:

### South

SLT Dept.  
Acorn House  
Station Avenue  
Warwick  
CV34 4RT

Tel: 01926 567 139

### North

Speech &  
Language  
Therapy Centre  
Clinic Drive  
Nuneaton  
CV11 5TT

Tel: 02476 378 620

### Rugby

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

Tel: 01788 555 107

### Stratford-upon-Avon

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

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](mailto: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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