

I am on my way  
– What can I do?



**A**ntenatal

How your baby will learn and what you  
can do to help them

## *I may be able to...*

- When mum is 20 weeks pregnant I can hear your voice and other everyday sounds including TV theme tunes, mobile music and family fun. This will help me to learn the patterns of speech and language
- Take turns - when you (or someone else you invite) rub mum's tummy I can 'reply' with a wriggle or kick.



## *When I am newborn...*

- I will know some voices I have heard in the womb – particularly my mum's
- I will only be able to focus 8-10 inches from my face therefore I will:
  - Prefer black and white, high contrast pictures, books and patterns
  - Most of all I like to look at my families faces when they are holding me
- 90% of my brain growth will happen in my first 5 years so I will need to have lots of new experiences to help my brain develop
- I will need lots of love, care, affection, physical touch and security to make sure my brain develops healthily.



# *Things we need to do together when I am born*

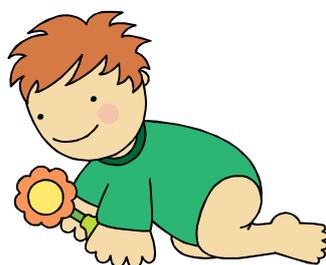
## **Read stories to me (this can even be done when I am in your tummy)**

- Starting in the womb but continuing at least daily reading books with a strong rhythm to them e.g. Cat in the Hat, Hairy McClairy, The Gruffalo and nursery rhymes.

Have fun together!

## **Try to get me out and about –**

- I will love to meet other children, babies and adults
- Take me into the fresh air – this will increase both mine and your endorphins (happy hormone).

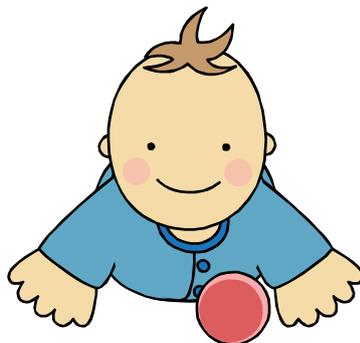


## Help me to get moving -

When I spend time on my tummy it will help to;

- Massage my internal organs, which increase my blood flow and circulation.
- Control my bowel and bladder when I get older
- Strengthens my core muscles and arms, shoulder and neck. Eventually this will help me learn to write.

I will need lots of time out of my car seat, bouncy chair and buggy so I have the freedom to move, kick and wriggle.



## *Why are these things important to my development?*

A large part of a baby's brain is not developed at birth. The brain development after birth will be based on the experiences that you give your child. Everything you do is developing your baby's brain.

These early connections have a huge impact on your child's emotional development and learning.

Play and love are the experiences your baby needs most of all.

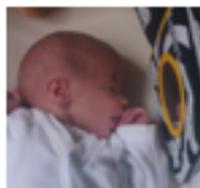
## *What can I do if I am worried about my child?*

Remember! Your baby is an individual and will develop at their own pace.

If you have concerns speak to a member of your healthy child team.



# Five - a - Day for your child's learning



Share books, songs or rhymes with your child for 15 minutes



Play with your child on the floor for 10 minutes



Talk with your child for 20 minutes with the television off



Be positive towards your child and praise them frequently



Provide a healthy balanced diet and be active

