



8 ways to bond with your baby in the womb during pregnancy

Hearing your voice while they are still in the womb helps your unborn baby create a strong attachment to you, even before they are born. Your baby will recognize your voice once born. So, find time to sit and read and talk to your baby bump.

1. Sit still and spend time thinking of and talking to your unborn baby.

2. Sing songs or lullabies and talk to your unborn baby.

The baby's hearing is developing all the time. Your baby can enjoy the daily noise of your heartbeat, to hearing the sounds of the outside world.

3. Read to your baby (belly).

Language learning starts in the womb. Read a book out loud so that your baby can hear the sound of your voice.

4. Gently massage or rub your baby bump (belly/tummy).

It is safe to do after the first 3 months of pregnancy and it is a good way to relax and unwind. You can use body lotion or oils.

5. Go for a walk, even a gentle walk.

Exercise is good and gives you space to think about your growing baby without too many distractions or interruptions. You can chat with your baby bump as you go.

6. Respond to your unborn baby's kicks or movements.

As you start to feel the baby's movements from about 18 weeks, you can respond by rubbing your belly when you feel the baby move and you may find that baby starts to kick back at you.

7. Eat healthy food.

Talk to your unborn baby about the healthy food choices you are eating. Talk about the tastes, colors, and your favorite foods.

8. Help your partner bond with your growing baby

Include dad in the above activities. Dad can also feel his unborn baby's movements, talk, sing, and read to the baby so that baby can also hear the sound of his voice. The baby will recognize his voice after birth too.

Adapted from: <https://www.babycentre.co.uk/a1049630/10-ways-to-bond-with-your-baby-bump>