# **Organising a ‘Bump booster’ session**

* **Prepare yourself**

Being well prepared will build your confidence and help the session go well.

Read the section of this toolkit for library and other professionals and familiarise yourself with the three key messages:

**Talk to your bump**

* Your baby can hear you from 18 weeks
* Talking to your bump helps your baby to get ahead with hearing and speaking

**Read to your bump**

* Your baby remembers noises from the womb
* Hearing your voice helps to comfort your baby after birth

**Bond with your bump**

* Reading and singing to your unborn baby helps you to bond with your bump
* Help your baby get to know you and to get ahead

Think about how the venue will work, how the session will be organised and how you are going to attract parents-to-be to come along.

* **Practicalities**

**Venue:** where will the session be held? Think about comfort and wellbeing of parents-to-be (e.g. seating and access to toilets)

**Length of session:** 30 to 40 minutes is ample time

**Target audience:** do you want to target particular groups of parents? This might influence when a session is held e.g. an evening session would be more appropriate for working partners

**Booking:** do you want people to book or just come along? Is the session free – if so always say so on the publicity. Do you want to have any conditions e.g. should people be a library member?

**Refreshments**: are you supplying any? Is this free or will you ask for a donation to cover costs?

**Access:** is the venue accessible? Are there any directions needed?

* **Recruiting parents-to-be**

The toolkit contains a pro-forma leaflet to download and amend to meet local needs – if you want to use it for social media, save the final version as a jpeg.

**Advertising in the library:** use the leaflet (enlarge to A4 size for a poster) in the library**;** talk to parents who come to existing activities and encourage them to advertise the ‘Bump booster’ sessions for you

**Social media:** use Facebook and Twitter. Post information about the sessions on relevant on-line noticeboards e.g. on Mumsnet and other relevant groups (see key partners)

**Work with partners:** put an e-mail mailing list together from the key partners and get in touch with as many of them as possible. Talk to partners to ask them to advertise your session. Find out if they have any regular meetings you could attend to spread the word.

**Ask people who attend the sessions to spread the word:** personal recommendation is the strongest form of advertising

* **Prepare the session**

**Venue:** allow time to get the venue ready and make sure other library staff know the session is taking place

**Plan the time:** think about how you will introduce the session – use the three key messages. Plan which songs or rhymes you will use and practise to make sure you know the words and tune. Prepare a handout with the words and the link to the toolkit page with recommended songs. Choose books you will recommend for reading to a bump (ones with strong rhythm and repetitive words).

**Musical instruments:** if you have them, use them. Anything to shake, rattle or beat will help to keep time and tempo.

**Joining the library:** encourage everyone to join the library and explain that their new born baby can become a member too. Some Local Authorities offer a library card at birth registration and others ask Health Visitors to offer library cards as well as joining at the library or on-line. Be prepared to talk about the books and activities suitable for babies and toddlers.

**Feedback:** ask for feedback (could be verbal, or use a feedback form if you have one. Comments on a flip chart also work well). Think about how you can use the feedback to improve the next session.

**Contact details:** ask for contact details (e-mail or ‘phone number if you are able to send library texts). Start a contact list for future sessions and other library events that would be appropriate for young families making sure that you follow data protection principles (store personal information securely and only use it for the purpose you identified at the time of asking).

**Bump booster karaoke**

An alternative approach would be to add in or start off with a karaoke session. Getting people singing can be challenging and starting with more familiar songs could be a good way to get going. A table connected to library Wi-Fi is a straightforward way of finding music:

[**https://www.youtube.com/user/TheKARAOKEChannel/playlists**](https://www.youtube.com/user/TheKARAOKEChannel/playlists)

**Outreach sessions**

The same principles apply if you are asked to talk to a group of parents-to-be. Make sure you know about the venue and how suitable it will be including IT arrangements; prepare yourself and the session; ask for feedback and contact details from those attending to let them know about what is on at the library and always encourage everyone to join the library.