**Getting started – talking, singing and reading to your baby bump**

**Where do I start?**

This may all be a bit daunting! It is daunting enough knowing that you are going to have a brand new human being in your life soon.

Don’t worry. Start small. Do whatever comes naturally to you. You can sing the songs you like, even if they are not baby songs or read poems that you have good memories of.

There is no right and wrong in this. It is, however, a good way to get your baby used to your voice and your partner’s voice and you will be amazed when they react to your sound when they are born. It is also a good way for your partner to join in and feel they are part of interacting with the bump.

So, where to start? Here are some ideas:

* When you wake up, say good morning to your baby and tell them what you plan to do today. Your baby may wake up when you do and you can start the day together. Your partner can also say hello, talk to them about what they are going to do and get them used to their voice.
* Work out what your baby is doing during the day and talk or sing to them about it. If they are being wriggly or jumping about, you could think of songs or rhymes you could do along to their wriggles. There are a lot of songs on these webpages if you need suggestions.
* If your first language is not English, sing songs from your own language. This is a great idea if you want to bring up your baby to speak your language as well as English and especially if you will be speaking to your baby in your own language when they are born.
* If you remember bedtimes songs from your childhood or soothing songs you like now, you can sing these when you are ready to go to bed. You can also just read a story.

**Bathtime with your baby bump!**

If you have a bath in the evening, this is a great time to sing and talk to your growing baby. It is a good time to relax and have a quiet moment for a chat and getting used to doing some songs and stories. It is also a great opportunity for your partner to get involved for when they are bathing the baby after they are born.

**You can do actions too!**

You can massage and tap your bump too, you can practice the actions that go with songs or you can dance with them.

Get moving to the music. It gives baby a sense of movement and rhythm and you get some exercise too!

Finally just get chatting. Tell them stories about yourself and your family. Your partner can do the same.

Once the baby is born, you can build on all this with photos, books, music and dance.