
Getting to know your baby

Taking time as part of your daily routine to think about and bond with your unborn baby is known to release oxytocin, a hormone which can help your baby's brain to develop.

You can try this by:

- talking or singing to your baby, and encouraging your partner/family/ other children to do the same
- massaging your bump
- having a bath
- trying pregnancy yoga
- practising hypnobirthing
- playing music to your baby
- using an app to help you understand how your baby is growing and developing, such as the Baby Buddy App

For more information visit:

- **UNICEF**
www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-andposters/building-a-happy-baby/

Your baby's movements

From 16-24 weeks on you should feel the baby move more and more up until 32 weeks, then stay roughly the same until you give birth. You should take the time to get to know what your baby's normal pattern of movements is. You should continue to feel your baby move regularly right up until you give birth to him or her.



The movements your baby makes offer reassurance that he or she is well, and therefore if you notice these movements change or reduce from what you are used to, it is important to call your midwife or attend the maternity unit urgently
