



Centre for
Perinatal Psychology
Helping you towards parenthood



Breathing as One

Speaking for the Baby Campaign

Breathing can be a powerful tool for slowing down and finding a sense of calm. This simple practice can be very helpful for both parent and baby. Slowed controlled breathing together with baby can promote enjoyable soothing moments of togetherness, giving baby an experience of feeling warm, safe and protected.

Holding baby chest to chest, heart to heart, can be a way to provide soothing reassurance to an upset baby, or can be a way to come back together after a time of distress.

'Breathing as one' helps parents regulate themselves at the same time as co-regulating their baby.

As Mummy slows down, I slow down
"In, two, three..."



As we slow down, we breathe as one
"Out, two, three..."



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