

CONNECT WITH ME! FATHER-BABY RELATIONSHIP BUILDING IN PREGNANCY

Speaking for the Baby x SMS4dads Campaign

You can start connecting with your bub during the pregnancy!

You can talk to your bub

Babies can hear your voice when they are inside the womb from around 18-weeks. They get to know your voice over the last weeks of the pregnancy. When they are born, they will recognise your voice. They will not only recognise your speaking voice but your singing voice too.

The amniotic fluid in the womb amplifies sound, so there's no need to speak loudly. Talking in a normal voice will be loud enough for your baby to hear you.

Tips for talking

Talk about anything, Dad! Tell them about your day and what you will do with them when they arrive. Read a book, sing a song. When books and songs are repeated to babies in the womb they can learn them and recognise them at birth.

I can hear you, Dad!



Although it's noisy in here,
I can hear your voice, Dad.
Try telling me about the
things we will do together.

Tips for playing with your bub before they arrive

See if you can feel baby's kicks. You can play with baby through gentle touch or massage. Responding to baby with your voice, having a chat or a laugh when your baby is moving is a great way to start playing.

Play with me, Dad!



Tips for thinking about us

During pregnancy you might start thinking about the sort of Dad you hope to be and how you want to show up as a Dad. Some Dads like to think about what role models they have in their life to help 'show them the way' in becoming a Dad.

Taking time thinking about your baby can also help you feel connected. While we can't be sure who this little person is, we can be curious and wonder:

- Who do I think they might look like?
- What sort of temperament might they have?
- What sorts of things do I hope we can do together?

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