



Bonding with your unborn baby

Patient information Leaflet

September 2019

Bonding with your unborn is not always immediate. These are some of the activities you can do yourself or with your partner in your own time. This aims to help build a connection or enhance your pregnancy experience.

- ❖ ***Observe/respond to your baby's movements.***
- ❖ Massage your bump.
- ❖ Talk and sing to your baby.
- ❖ Go swimming.
- ❖ Talk to your baby whilst in the bath.
- ❖ Keep a scan picture close by.
- ❖ Play your baby some music.
- ❖ Pregnancy yoga.
- ❖ Go for a gentle walk and think about your baby.
- ❖ Imagine what your baby may be like as it starts to grow up.
- ❖ Meditation.
- ❖ Make your baby something for the nursery.
- ❖ Make/knit and blanket or item of clothing.
- ❖ Make a video diary – at the start of each month of pregnancy.
- ❖ Keep a journal.
- ❖ Nest – Create a space for you and your baby.
- ❖ Encourage your partner to talk and sing to baby and their siblings!
- ❖ Read a story to baby.
- ❖ Slow down & rest!

If you are having any thoughts or concerns regarding bonding with your baby, please speak to your midwife.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگوئج، انٹرپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Document control information

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