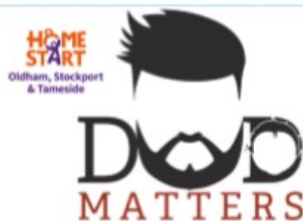


# Getting to Know your Baby

## Antenatal Hints and Tips



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Right now, not being able to join your partner with their scans and antenatal appointments must be really difficult. Your emotions around keeping them both safe, seeing your baby and hearing their heart beat, and the worry about bonding with your baby will be understandably heightened.

**Spend time with mum, and baby,** feeling your baby move and kick, listening to mum telling you how it feels and getting to know when baby is awake, resting or asleep.

**Talk to them,** babies can hear what's going on around them from around 18 weeks. tell them stories, read them your favourite book from when you were younger, tell them about their wider family, share your day with them. Sing with them. They will recognise your voice, and they are already getting to know you. You might feel a bit embarrassed but your baby will love to hear your voice.

**Plan the birth with your partner,** talk about expectations, your hopes and dreams, talk about your worries; all this will help to establish a space for your baby in your mind, and will support you and your partner to have these honest conversations that will

help in the future.

**Create a playlist** for your baby, including your favourite music, and mum's. You might want to include music you listened to as a child and this will set up a lovely connection for you both.

**Keeping a record** of your experiences. Make them as detailed as you'd like, it will not only help you to look back and reflect on this unique time, but it will be something to share with your kids when they are older. Diary, keepsake book, write a letter, video or audio etc.

**Choose toys or create keepsakes** for your baby and gifts for mum and siblings that you think they might like. It can be an emotional way to keep baby in mind (e.g., a teddy bear that reminds you of one you had when you were little).