

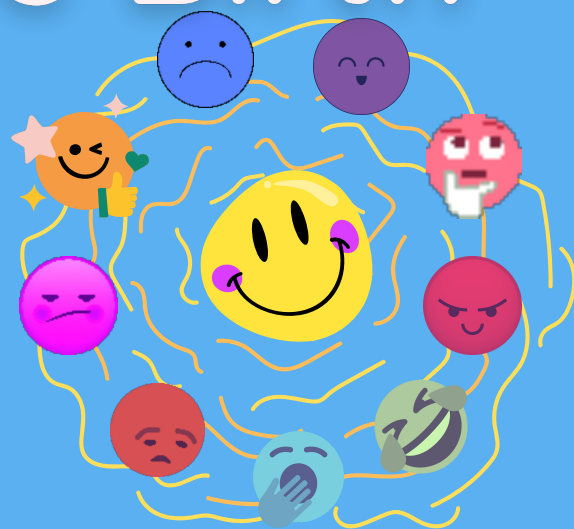
Bonding with your Baby Before Birth

If you need more information or support:

Contact Thriving Kirklees on
0300 304 5555
Or scan the QR code



<https://www.thrivingkirklees.org.uk/0-19-team/infant-mental-health/>



Bonding with your baby can have long-lasting effects on their brain development and social and emotional wellbeing in later life.

To promote bonding, parents can try various activities with their baby before they are born...



Talk or sing to baby, tell them about your day or read a book to them

Massage your bump and respond to baby's kicks by rubbing or gently tap back



Play music (never put headphones on your bump as this can be too loud for baby)



Infant Mental Health Awareness Week 12th - 18th June

