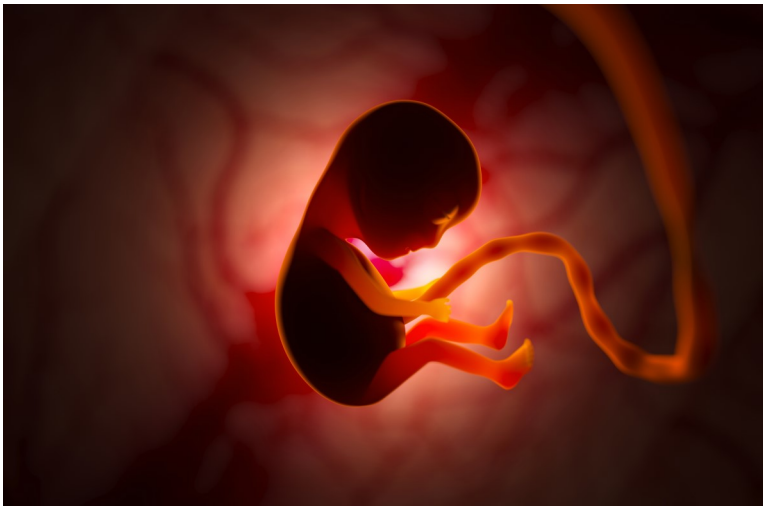
I am in your Tummy!



I am Amazing



nbcc

Central Bristol Children's Centres

EBCC East Bristol Children's Centres

SBCC South Bristol Children's Centres

What is happening to me

My brain began to develop before you even realised you were pregnant. My brain is made of millions of neurons that connect and communicate with one another as I grow and learn and have experiences.

1st trimester

At 12 weeks I am beginning to respond. I can wiggle my arms and legs on purpose in response to what I am experiencing. I can hear and I can turn my head towards the sounds I like. I have developed a sense of touch and I can be seen yawning and squinting.

2nd trimester

I have begun to suck and swallow now and I have developed a sense of taste. I have begun to dream and I can blink now too.

3rd trimester

My brain is about to triple in size, neural pathways are developing ready for connections to be made. I am beginning to think, make memories and feel.







What can you do to help me

Talk I know who you are by the sound of your voice, I respond to your tone and your volume. I enjoy it when other special people talk to me too.

Play I can hear you singing, I can feel you dancing, I respond to your laughter. I can move to show my excitement; I already enjoy playing with you.

Relax Relax with me, teach me how ... take a bath, read a book, pause ... Enjoy some music, be with nature. When you relax, I relax. Thank you for thinking of me.

Cuddle I recognise your touch and I thank you for keeping me safe and secure. I feel good when you stroke your tummy; it releases 'feel good' hormones which make me feel closer to you.

Respond I will respond to your voice, your heartbeat and your moods. Enjoy my responses and keep me in mind.



Need more help

Talk to your GP or midwife or approach a member of staff at the Children's Centre, we have a dedicated Family Support Team who are here to listen. Sometimes, just talking to other (expectant) mum's and dad's might ease your worries you will probably find that you share the same thoughts, often, just talking about it helps.

It's not a bad thing for an expectant parent to seek support for your growing family.

Remember your baby can't ask for help but YOU can.

Antenatal Rockabye is a small group which gives you the chance to reflect on your hopes and fears about becoming a parent Perhaps the journey to becoming pregnant has been challenging or there may be things to do with a past pregnancy that makes this pregnancy difficult.

During the sessions you can take time to enjoy your baby using relaxation exercises and creative activities.



Together we can make it amazing