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|  | TALK   * Read to me regularly, even when I’m still in-utero. * Talk to me about what you are doing, I like to hear the sound of your voice * Talk to me about people who will be special to me and what we will do together when I’m born |
| PLAY   * Think about having fun and going out with your family and/or partner * Have fun going for a walk, visiting the cinema, having a picnic or enjoying a nice meal * Make time to talk, listen to music and socialise with friends |
| RELAX   * Try to have a relaxing evening if you have had a stressful day or periods of anxiety * Settle and calm yourself as this soothes me |
| CUDDLE   * Gently massage your tummy, try to imagine how I’m lying * Try using some nice smelling moisturising cream or oil as you massage |
| RESPOND   * When you respond to my movements, this switches on my brain and helps us to connect * I really like it when those people who will be special to me also do this as we are all building a bond |