

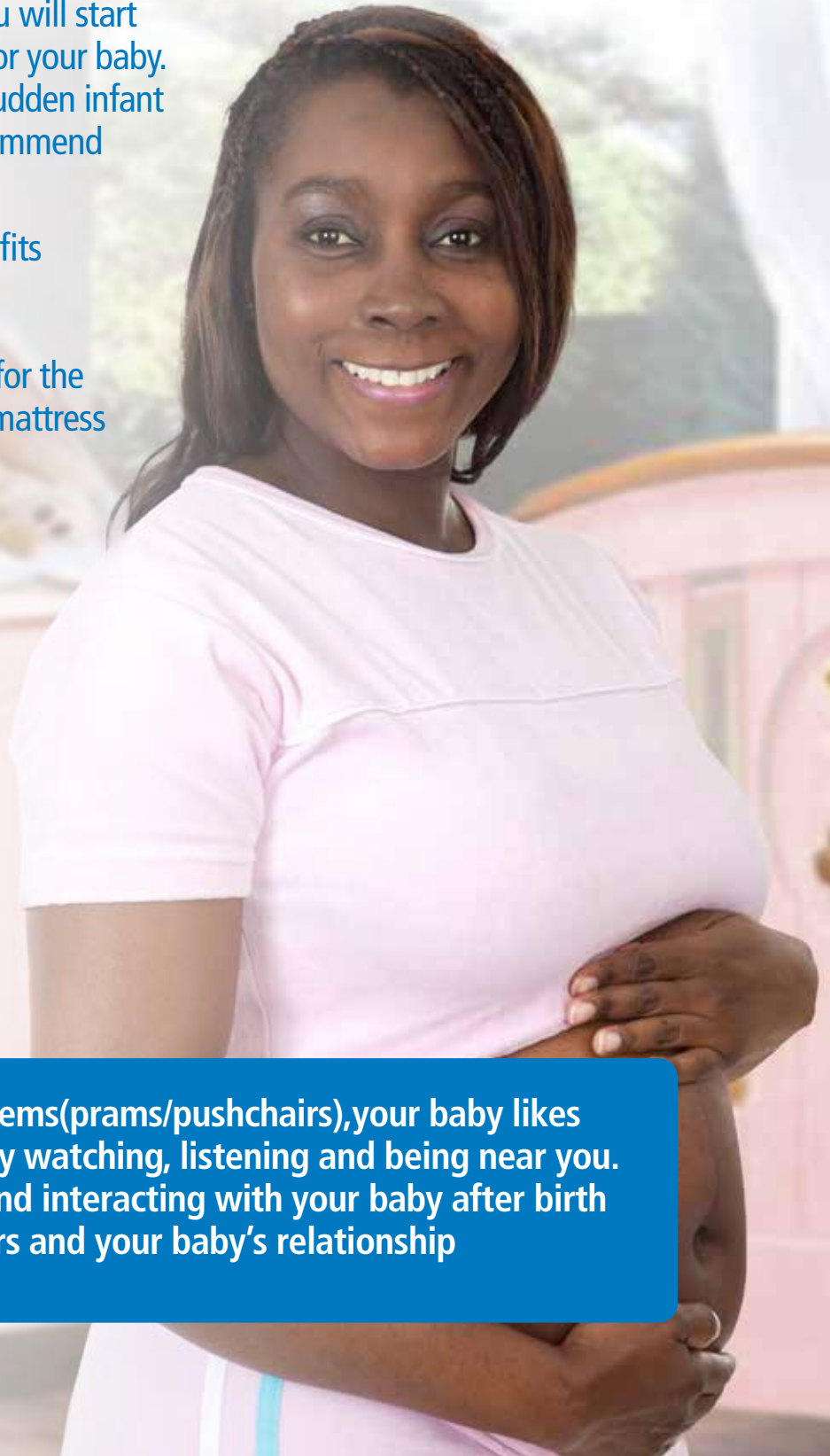
## Developing a Relationship with your Baby Before Birth

From 15 weeks your baby can hear you. Talking, singing and playing music to you 'bump', along with stroking your 'bump' when you feel your baby move helps them to feel soothed and secure. By doing this you are making links between the inside and outside world.

## Investing in your Baby's Safety

When expecting a new baby you will start to look at and buy new things for your baby. As part of reducing the risk of sudden infant death syndrome (SIDS) we recommend for each new baby that:

- you buy a new mattress that fits the cot snugly and safely
- or
- buy a new waterproof cover for the cot mattress (make sure the mattress fits the cot snugly and safely)



### Remember

Remember when buying items(prams/pushchairs),your baby likes to see your face: they enjoy watching, listening and being near you. Carry on talking, singing and interacting with your baby after birth as this will help boost yours and your baby's relationship