

## ***Session 3: Handout 1***

### ***Baby's thoughts in the womb***

I'm all cosy in here

I love the sound of my Mum's heart

My Mum's stressed. I feel stressed.

I feel all strange when my Mum takes drugs

That music sounds great!

What's all that shouting about? I feel stressed.

Oh, that music's calming down my Mum. I feel calmer.

My Mum's smoking. I hate those chemicals. They stop my brain growing.

I like kicking my legs in here, but it's a bit cramped.

Who is that voice? Is it my Dad?

I can't wait to meet everybody.



### ***Baby's thoughts after the birth***

It's cold out here.

I know that voice- it's my Dad!

Everything looks a bit fuzzy.

Look at all that space!

There's that tune...so it's East Enders!

My tummy hurts - when I felt like this before, it went away when Mummy fed me.

I love breastfeeding. I feel calm and can look at my Mum's face.



I like it when Daddy sings to me.

So that's what my Mum looks like on the outside!

I get scared when Mummy and Daddy shout at  
each other I feel lonely...I was never on my own  
before

I like skin-to-skin...I can hear my Mum's  
heart again I feel safe when Mummy or  
Daddy cuddles me

I like listening to my Dad's heart

I can move my arms and legs out here!