

How do we communicate with the child before birth?

The latest scientific research has already demonstrated that consciousness starts before birth. What does that mean for the parents? This means we have the great responsibility to treat the unborn babies as intelligent beings from the very beginning. And because they enter this relationship with us from a state of helplessness and absolute dependence, ready to love us and trust us absolutely, it is necessary that we should respond to this trust with gentleness and respect.

Children get to know their mother tongue before being born. This is possible because hearing develops at 16 weeks Gestational Age. The mother's voice gets to the womb with very few distortions, and the child recognises it immediately after birth. Talk to the child as often as possible, using beautiful words, encouraging it, stimulating it!

Singing and listening to harmonious music, the mother can (re)create an ideal sound universe for her baby. Almost always after birth the baby recognises the song or music it got impregnated with during gestation; it's of assistance to the mother as well, when the child is crying or is restless, to sing to it or play the music it was listening to during pregnancy, and the child will miraculously calm down.

“ *The love a mother has for her baby, her ideas about it, the richness of their communication, all have a determining influence on the baby's physical development, the landmarks of its personality and character predisposition.* ”

Dr. Thomas VERNY, psychiatrist, Toronto



PRENATAL MEMORY AND COMMUNICATION IN PREGNANCY



International Revised Edition

Relax and communicate with the child!

Imagine you're in your favourite relaxation place – maybe a beach, or near a stream, or on top of a mountain, or in any other beneficent place where you feel good.

- Relax, for your child's health and yours. Stress can affect the baby's development.
- Allow enough time for relaxation every day. Relaxation is important for both you and the baby.
- Sit comfortably. A quiet room, without a telephone is suitable. It's good to lie down or sit up. Stay slightly bent on a side, with your womb (and baby) resting on a pillow.
- Prepare mentally. Eliminate from your mind any distraction and focus on relaxation.
- Take control. You are controlling the relaxation you're inducing to your body and your baby.
- Focus on breathing. Take some slow, deep breaths expanding your stomach, not your chest.
- Supervise your muscles. Learn to recognise tension in the main muscle groups in your body.
- Eliminate tension from every muscle group. Get used to feeling tension dissolve.

- Imagine you meet your baby there; a sheltered place where you can communicate with your beloved small child.
- Tell it how happy you are it exists; share with it your love and appreciation.
- Ask it about its needs and desires and wait silently for some moments to receive its message – through your intuition.
- Reassure it all the time that you're there and tell it that sometimes you cannot pay attention to its needs, because your daily life requires your attention and sometimes it troubles you, but that your love is there to protect your baby all the time.
- Breathe slowly and send this love and trust to all the cells in your and your child's body – then gradually come back to your present state.

Practise, and enjoy the pleasant sensations you give to your baby and yourself. Do that once a day for 20 or 30 minutes. Relax all through your pregnancy and you and your child will benefit from it.



How can we transmit prenatal messages to the child?

- *Unconditional love* is a state of spirit expressed by words, caress: the child perceives the touch of the abdomen and most of the times responds by movement or relaxation.
- *Valuing the baby*, reassuring it that it is wanted and waited for with love; many times the mother finds it difficult to transmit her baby messages, because she doesn't perceive it very well – but through imagination and giving it a little time, she will enter a communion with her child, which will continue after birth.
- *The respect you give your child*. By conceiving and giving birth to each child, the miracle of life is repeated. Each being is unique and has unbelievable potential that can be activated from the prenatal period; qualities and virtues, force of character, self respect, inner harmony and joy.
- *Encourage your baby and assure it of your protection*, which will accompany it through all life circumstances.
- *The joy of coming into the world*: many changes occur in the parents' life after the birth of a child, but they are easily accepted if you see the baby's birth as an unforgettable celebration for the whole family!