



Sharing songs, rhymes and stories before birth

It's never too early to start singing and sharing stories with your baby – you can even start before birth. When you talk, sing or read, your baby will get to know your voice. This helps to build their connection with you.

“This is a great way to get started, and feel connected to your baby.”

[scottishbooktrust.com/
bookbugbeforebirth](https://scottishbooktrust.com/bookbugbeforebirth)



/BookbugSBT



@Bookbug_SBT



Tips for getting started



Start with a chat

Talk to your baby about your day. Get used to talking aloud to your baby first and then try singing a song or saying a short rhyme.



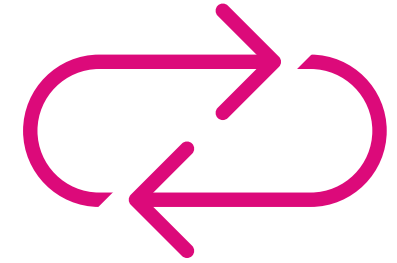
Find a quiet space

Babies hear lots of sounds in the womb, so keeping other noise to a minimum helps them to hear your voice.



Make it a habit

Try spending a few minutes every day singing, reading or talking to your baby.



Babies love repetition

If you are sharing a short story or rhyme, repeat it a few times.



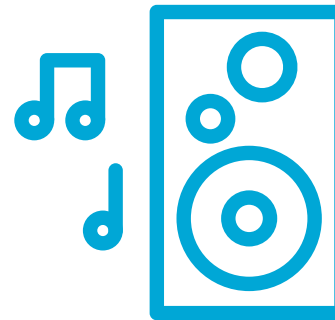
Sing your favourite song

Choose a song, rhyme or a story that you like – it's much easier and more fun if you're enjoying it too.



Watch and feel

You may notice that your baby is more active when they hear your voice.



Hello Bump!

Listen to the *Hello Bump!* playlist on our website or free Bookbug app. Download tracks to play offline too.

scottishbooktrust.com/songandrhyme



Keep it going

After your baby's birth, try a familiar song, rhyme or story. Babies remember what they heard in the womb, and hearing something familiar can be soothing.

Ready to get started?

Download the Bookbug app

Download our free Bookbug app to learn new songs and rhymes. Find your favourites, look up the words to sing along and create your own personalised playlists. Download songs and rhymes to listen offline.



Visit our website

Find out why sharing stories, songs and rhymes before birth is good for you and your baby and watch films of other families getting started with songs and rhymes at

[scottishbooktrust.com/
bookbugbeforebirth](http://scottishbooktrust.com/bookbugbeforebirth).

Find a book

There are two books from Bookbug in the Baby Box and films of them being read on our website. Look out for your free Bookbug Baby Bag which your Health Visitor or Family Nurse will gift to your baby around 3–5 weeks.

Books with rhythm and rhyme are easier for babies to hear in the womb. For ideas visit [scottishbooktrust.com/
book-lists](http://scottishbooktrust.com/book-lists).



Photography by Alasdair Watson.
Bookbug illustration by Debi Gliori, other
illustration by Cate James. Design by
Tom Holmes.

