



*A Help the baby's father feel more involved.*

*4 Give yourself time to relax each day.*

Also, the baby hears and responds to noises just as we do. Researchers have even discovered their taste in music - they don't like heavy metal, but relax to serene sounds like Mozart. Makes sense, really.

- Give yourself time to relax every day, using any of the methods in this book. Easier said than done, but well worth the effort if you take the phone off the hook and tell everyone you're doing this for your health.
- Help the baby's father feel involved by giving you backrubs - or even better, learning some massage techniques. Lie on your side with a pillow supporting your upper knee as you get bigger. Avoid pressure on the abdomen (especially in the first few months) and only use essential oils if they're guaranteed safe for use in pregnancy. Also let him rub your legs gently upwards from the ankles.
- If your doctor wants to give you iron tablets, ask for a blood test to see if you really need them. If you do, look for liquid

versions that claim not to cause constipation.

- As well as giving up smoking, try not to let anyone smoke near you. On top of everything else, it raises the levels of stress

hormones in the blood.



*A A healthy balanced diet is very important.*

## CAN YOU HEAR ME IN THERE?

Sit comfortably with hands on your abdomen, maybe in a rocking chair, and talk to the baby growing inside you. Say something like I'm looking forward to meeting you, and playing with you.' Tell it about the other members of the family, or what you've been doing that day. Just keep to positive subjects. You don't even have to talk out loud. What's happening is that you're encouraging your brain to produce calming, mood-lifting hormones. You'll feel good, and if the baby understands, all the better!

*D Tell the baby all about the other members of the family and introduce brothers and sisters at an early stage.*

