



Ruth Symons  
Anneli Bray

# Bedtime Book for Bump

A keepsake to share and  
treasure for a lifetime





# Bedtime Book for Bump



To Pippy  
-R.S.

For my Mum and Dad, to the moon and back.  
-A.B.

A STUDIO PRESS BOOK

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FSC DUMMY

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# Bedtime Book for Bump



# The benefits of reading to your bump



Congratulations! Waiting for a baby is such a special time. Months spent counting down until that moment when your baby is born and you finally meet the next little love of your life for the very first time. But birth isn't the beginning of it all. Your relationship with your baby begins before you even meet. Pregnancy is a truly miraculous time when your tiny human is already listening, learning and even dreaming about the world around them. Babies in utero are developing at incredible rates. During the third trimester their brains are making over one million neural connections per second. Your baby is learning so much by sucking, tasting, touching and listening to their birthing parent's body, as well as their own.

From around week 25 forward, the rhythmic sounds of your voices are soothing your baby – the sound of both parents' voices is so calming that it lowers your baby's heart rate. Your baby is getting to know you through the sound of your voices and will even learn to recognise your voices before they are born. Even within an hour of birth, newborns prefer the sound of their parents' voice to a stranger's voice and prefer to listen to a story that was read to them repeatedly while they were in the womb.



So, talking to your baby, singing to your baby and reading to your baby during your pregnancy is not only an innate bonding experience, but it can also become a relaxing ritual for both parent and baby. As you read this beautiful poem aloud to your baby, their heart rate will slow as they listen, because your baby is falling in love with your voice and is calmed by the familiarity of the verse. There is so much comfort in the familiar – even for tiny babies.

And when you do meet your baby, the sound of your voice – the same voice that read this poem to them over and over again – will reassure them that, even though this new world is so very different than everything they knew before, they are already home, right there in your arms.

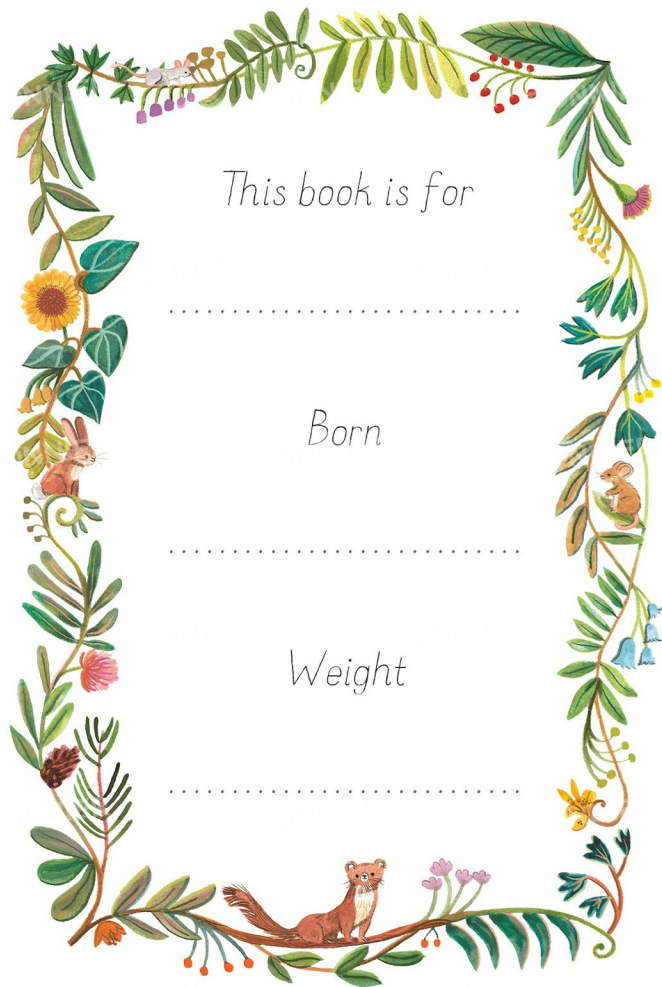
On the next page there's a space for you to write a letter to your baby before they are born and, after they are born, a page to dedicate this book to them, record their date of birth and their birth weight. At the back of the book you'll find an envelope, perfect for keeping baby scan photos and other precious mementos of your pregnancy.



*Dr Kimberley Bennett*

PsyD. Child, Adolescent and Educational Psychology





*This book is for*

.....

*Born*

.....

*Weight*

.....



*Use this space to write a letter to  
your baby before they are born*



Little One, this book's for you,

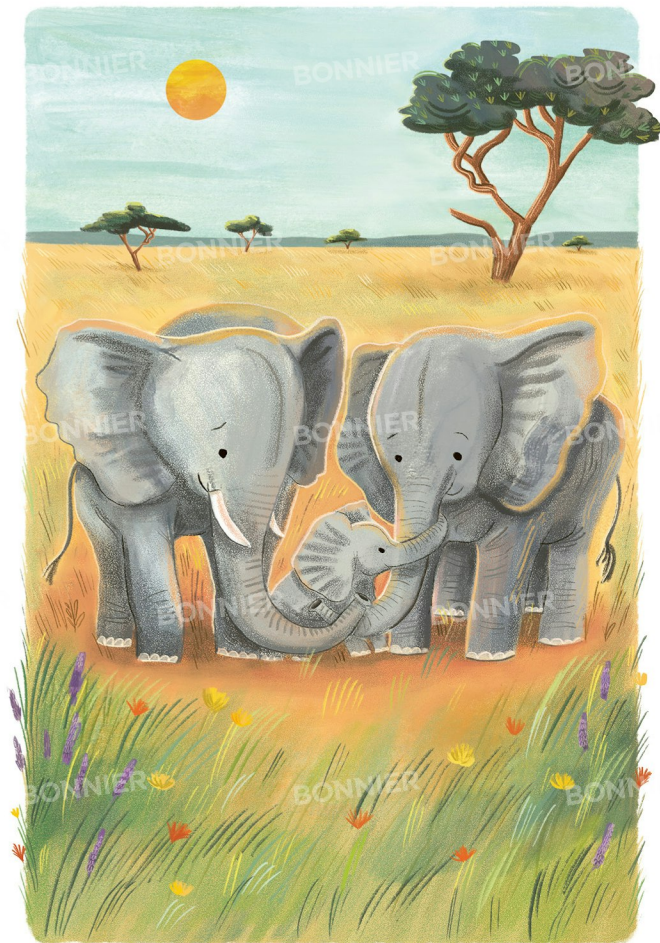
I'll read it loud and clear.







For though we  
haven't met you yet,  
I know that you can hear.





Your mother's beating heart

Makes up the music  
of your day,

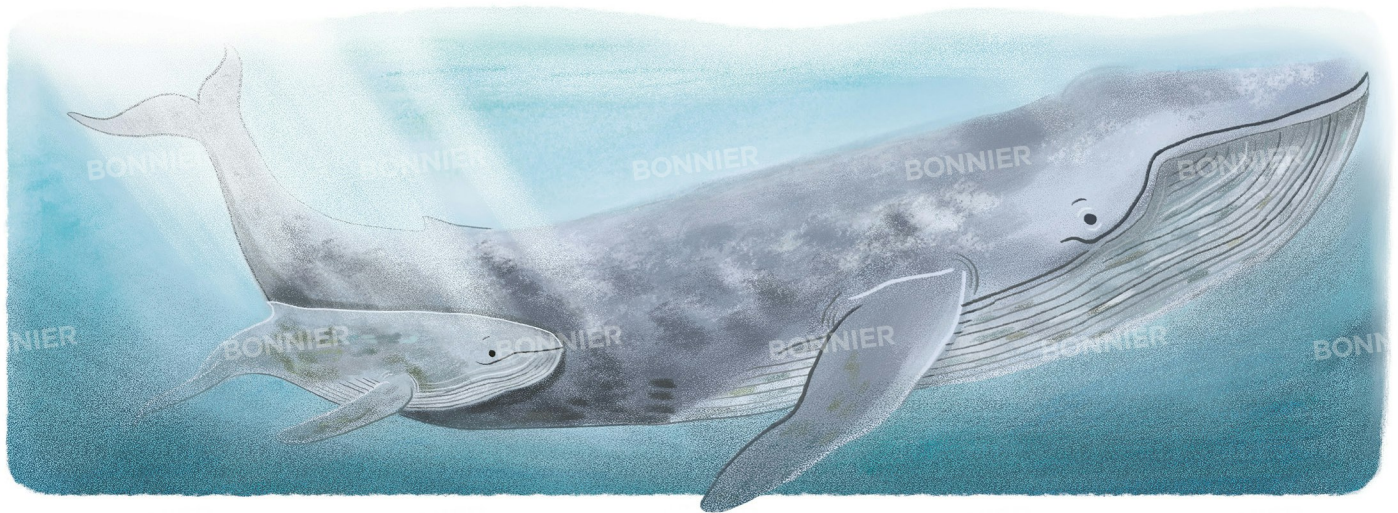






And when I sing,  
you listen in:

You wriggle and you play.





We've yet to hear  
you laugh or cry;  
  
We've yet to see your smile.







But you hear every  
word we say,  
  
So let's just talk a while...





One day I'll read you stories,  
When you're curled  
inside my arms.







And the music of my words

Will let you know  
you're safe from harm.





One day I'll show  
you pictures,  
While you're sitting on my knee,







And I'll hold your  
little hand so tight  
As you lean into me.





One day I'll rock  
you as you sleep,

Your head upon my chest.

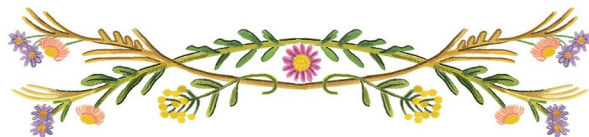






But now you're snuggled  
in your bump –

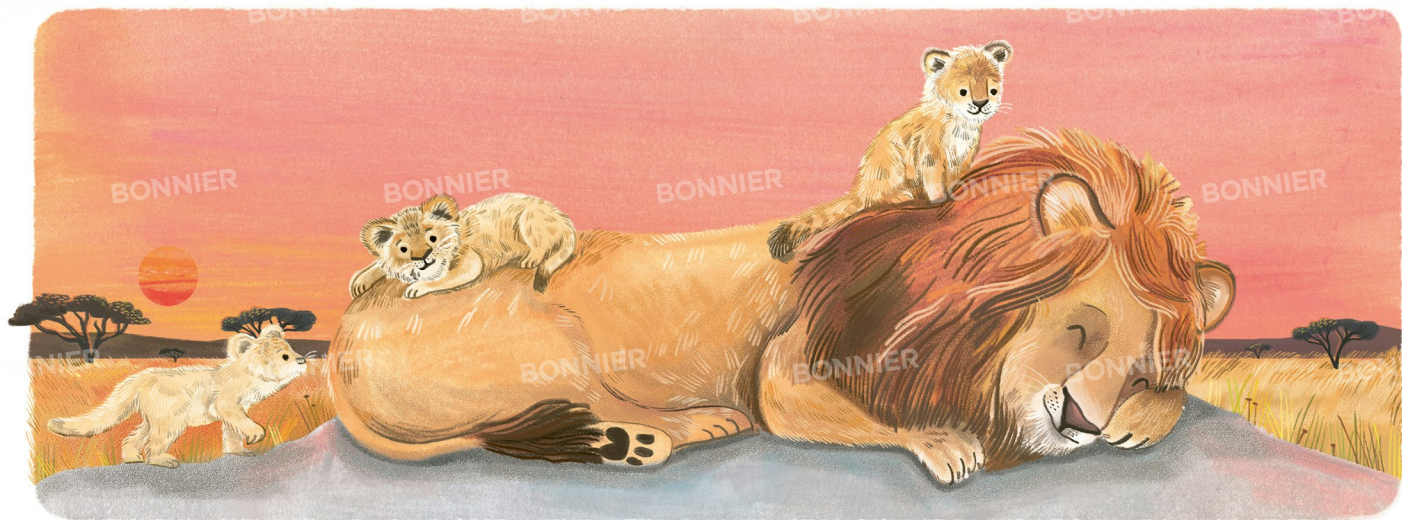
The perfect place to rest.





This book's for you,  
our little one,

It's how our story starts.







A promise that  
I make to you,

With words that  
speak my heart.





And when we see you  
face to face,  
And gaze into your eyes,







The world will be  
so new to you –

A marvellous surprise.





But one thing you'll  
already know,

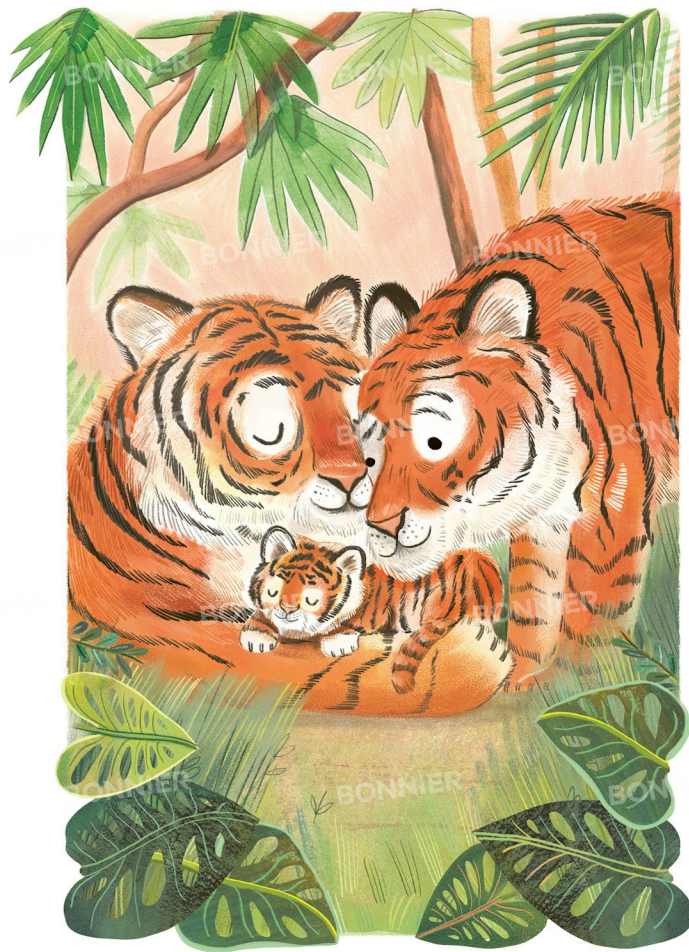
Familiar and near,







My voice will be here,  
just the same,  
To whisper in your ear.





I'll tell you that you're  
loved, and safe,  
Our very greatest treasure.







And my words will wrap  
you in their love,

From now until forever.





*Use the envelope at the back of this  
book to keep your most treasured  
mementos of your pregnancy.*