

Pre Natal Learning

We all want a happy healthy baby but our modern society is an increasing unsafe environment for a developing baby. Many so-called 'Primitive' societies celebrate pregnancy and birth with ritualized movement and song but our society, with its complex lives, seems to have lost this touch. Stress in pregnancy has been shown to be associated with babies who cry more and sleep less after birth as well as being linked to low birth weight. It is a proven fact that happy, healthy mothers produce happy, healthy babies! Help reduce stress by simply listening to music- (and remember, dad needs to relax too as a stressed father can lead to a stressed mother and so to a stressed baby). Researchers believe babies begin hearing as early as the eighteenth week of pregnancy and it is like having a private phone line between the outside world and the baby. Research has also shown that the earliest experiences of sound in the womb can have either a stimulating or discouraging effect on the baby's desire and ability to listen and communicate after birth. Many moms will have stories to tell about their unborn babies reaction to sound-one example is the mother who went to a very loud rock concert only to end up with a broken rib where the baby kicked so hard! Language also begins in the womb as your baby listens to your voice. The more she hears, the greater her vocabulary and IQ. So talk to her as much as possible.

Think about what you are eating as well. Did you know that your baby's taste buds are fully formed by the 13th week of gestation? As she can taste the amniotic fluid that surrounds her, this is the ideal opportunity to give your baby as many taste and smell sensations as possible. Not only are these a form of stimulation, but experts believe that babies who experience a variety of taste and smells in the womb are likely to be more accepting of a variety of foods after birth.

These are just some examples of what your baby can learn before birth. Did you know that a fetus has a short-term memory of at least 10 minutes and a long-term memory of at least 24 hrs? The idea of 'pre-natal learning' is not a new one and Confucius (551 BC - 479 BC) believed that the fetal environment helped shape human character and babies who have followed these courses have been shown to be more in control of their movements after birth, appeared more calm, alert and happy and were better able to deal with the world outside of the womb. So why not give it a go, you'll be amazed at just what your unborn baby will learn!