

Conversations in pregnancy: Key points

Remember: explore what parents already know → accept → offer relevant information*

Encouraging parents to connect with their baby

Taking time out to connect: talking to baby, noticing and responding to movements

Skin contact

The value of skin contact
What this means for mother and baby

Responding to baby's needs

How closeness, comfort and love can help baby's brain develop
Responsive feeding (and paced bottle feeding where appropriate)

Feeding

Value of breastfeeding as protection, comfort and food
How to get off to a good start

Confirmation that a conversation has taken place to cover relationship building, responsiveness and feeding, as per mother's needs

Signature:

Date:

Comments:

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*refer to the health professionals' guide for more information: <http://unicef.uk/conversations>