


# 40 Ways

to Connect with Baby During Pregnancy



Dr. Jay Warren



Your baby is growing & developing  
inside you right now...

You are *ALREADY* a mother.

9 months may feel like a REALLY LONG time to wait to meet your little bundle of joy (actually, 40 weeks is 10 months but...).

But now we know that you can use this time during your pregnancy to connect and bond with your baby **before** they are even born.

So at last when you get to hold your baby in your arms for the first time when they are born, you will **already know each other**.

Your relationship with your baby can start now. Let's learn how...



# How to Use This Guide:

Connecting with your baby during your pregnancy is simple. But it does take practice and time. When you first start this process, you will most likely feel a little silly and you might shrug it off thinking “nothing is happening”.

But if you do these processes consistently, I assure you that very quickly you'll be feeling more and more bonded to your unborn baby. You'll learn exactly how to do this in the ***Connecting to Baby During Pregnancy Program*** - I'll teach you the how to's, the how often's, and then some to make sure you're successful. What's more, I'll go through the research that shows how prenatal bonding improves birth outcomes, the health of your baby and your experience in the first days and weeks together.

Imagine yourself feeling more calm, more relaxed and more excited each time you consciously connect with your baby. And imagine your baby feeling more calm, more relaxed and more excited too.

This is going to help you feel more secure, confident and happy during your pregnancy. You'll worry less, feel less discomfort and sleep better - or even if you don't, you'll be so excited about getting to meet your baby at the birth that the stress, discomfort and sleeplessness won't seem so bad.

These feelings during your pregnancy will of course help you enjoy this time before the birth. But as you learned in **Module 2**, these feelings will improve your baby's physical, psychological and genetic development - all from CONNECTING!

On the other side (after the birth), moms and babies that are more connected experience:

- more restful sleep and longer sleep periods
- more comfort and success in breastfeeding
- more ease in calming and soothing
- feeling happier and less stressed together
- Mom feels more confident as a parent
- Baby feels their needs are being met
- Mom gets better sleep and recovers from pregnancy and childbirth quicker
- Baby gets better sleep and recovers from birth and the transition into the world quicker.

(the studies demonstrating these results were covered in **Modules 1, 2 and 3** - go back and review them to firm up your commitment to use these **40 Ways** along with the guided meditations in **Modules 4, 5, and 6** every day before the birth so you ensure you and your baby will experience everything described above!)

Remember what you've learned so far in the ***Connecting with Baby During Pregnancy Program***:

- you want to connect with your baby in-utero so you can both reap the many, many physical, genetic, psychological benefits that has been shown in the research literature (**Module 3**)
- your baby is fully conscious in your womb and wants you to connect with them to feel secure and loved (**Module 2**)



- you can communicate with your baby and your baby can communicate with you (**Modules 3, 4, 5 and 6**).

As you do each of these exercises throughout your pregnancy, you will build the bond between you and your baby.

Well, really, the bond is already there. But day by day, lesson by lesson, it will strengthen and deepen your maternal bond.

Then when your baby comes into the world, you will launch into this amazing mother-baby adventure together with a foundation of connection, of knowing and love.

Every mother deserves this kind of start in motherhood.

Every baby deserves this kind of start in life.

Each of the ***40 Ways to Connect to Baby During Pregnancy*** are a little different. Some may be appropriate for you and your family situation, some may not. Use the ones you like, skip the ones you don't.

Read through the particular Way you want to explore so you won't have to look back at it during your connection time. **The guided meditation track in Module 5** will lead you through a process to create a space of relaxation and connection. Then gentle music will play without words while you're communicating with your baby.

Obviously, if you're doing an exercise that is out-and-about town, you don't have to use the guided meditation track included in the program. Just walk and talk :-)

**Feel calm and have fun connecting!**



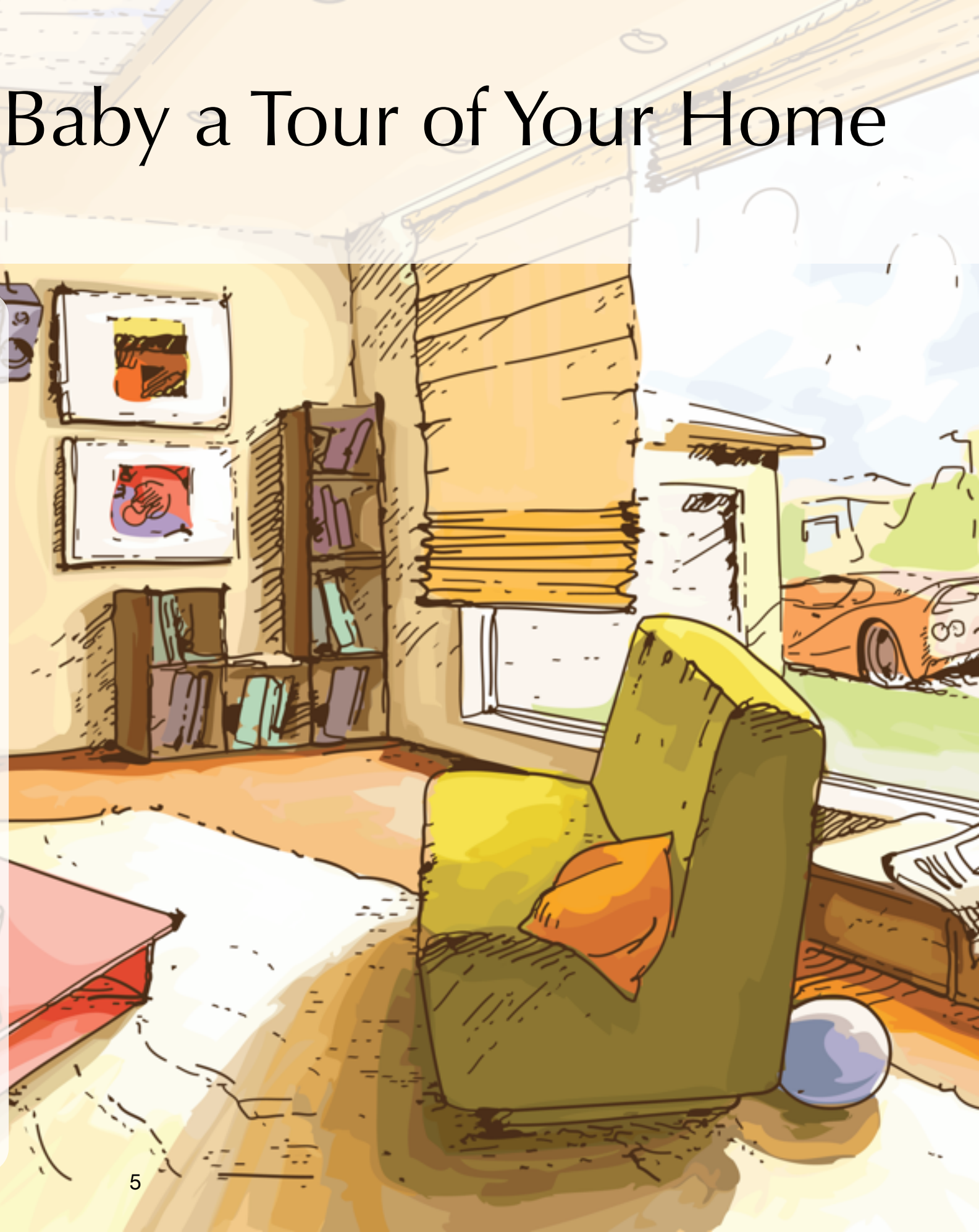
# 1

## Give Your Baby a Tour of Your Home

Just like you would welcome any new guest into your home, giving your baby a tour of your living space will make them feel more welcome.

Walk through your space, room to room and show them around—just like you would to a neighbor that has never been there before. (You'll spend extra time in their sleeping space in a later exercise.)

Obviously, they have been around your place already, but have they been given the official tour?





# 2

## Your Favorite Things



One great way to get to know anyone you are close to is to learn about their favorite things. Take some time to tell your baby about a few of your favorite things:

- your favorite foods, restaurants, movies, TV shows, music, books and holidays
- your favorite places to go on vacation and things to do when you have free time
- your favorite hobbies, interests or passions that let your baby know who you are

# 3

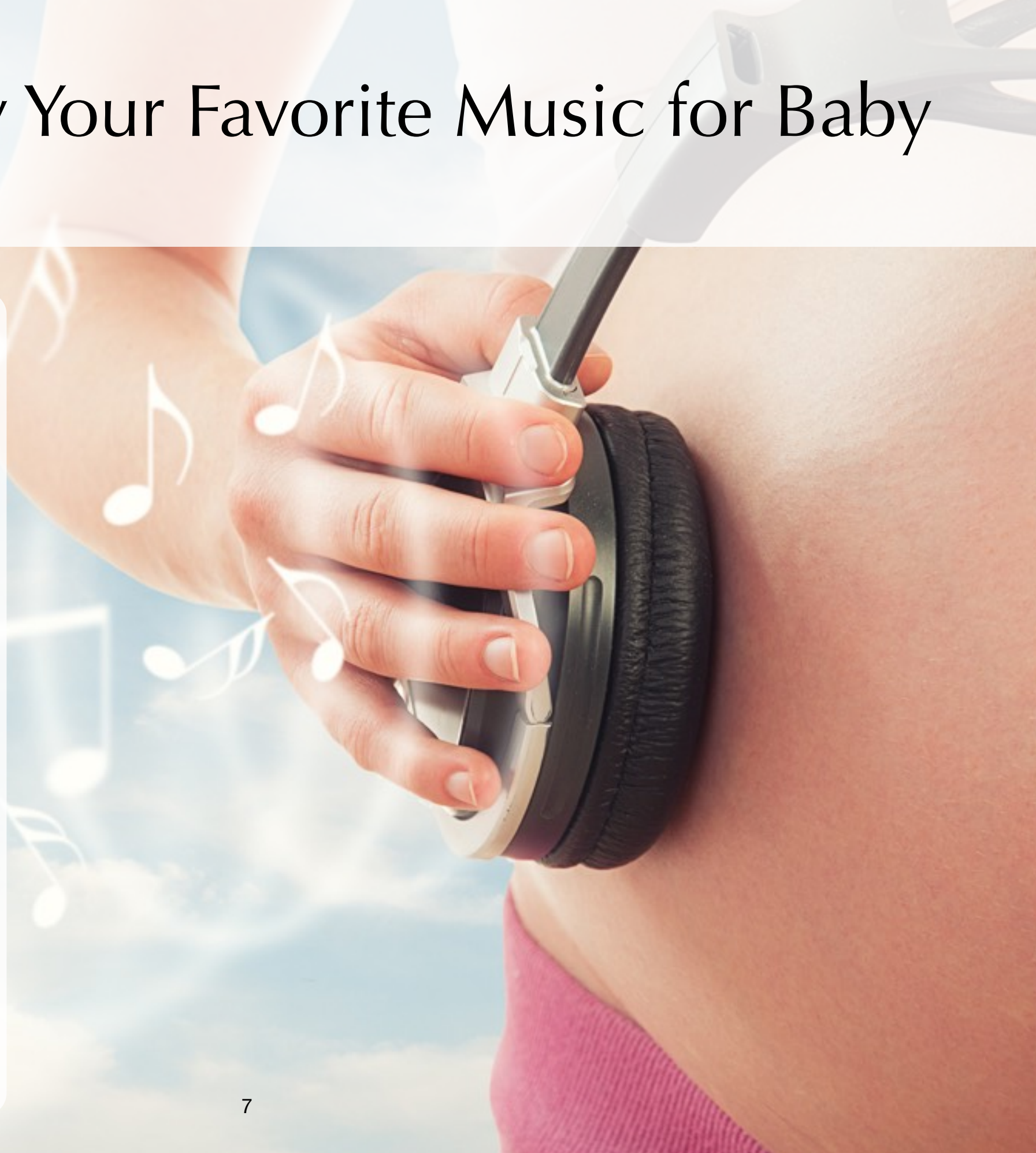
## Play Your Favorite Music for Baby

Put on a few of your favorite songs and tell your baby why you like them so much.

Do you like the lyrics or the beat? Does it remind you of someone or a good time you had?

You can play the music in your car driving, in the living room or put the headphones/earbuds right up to your belly.

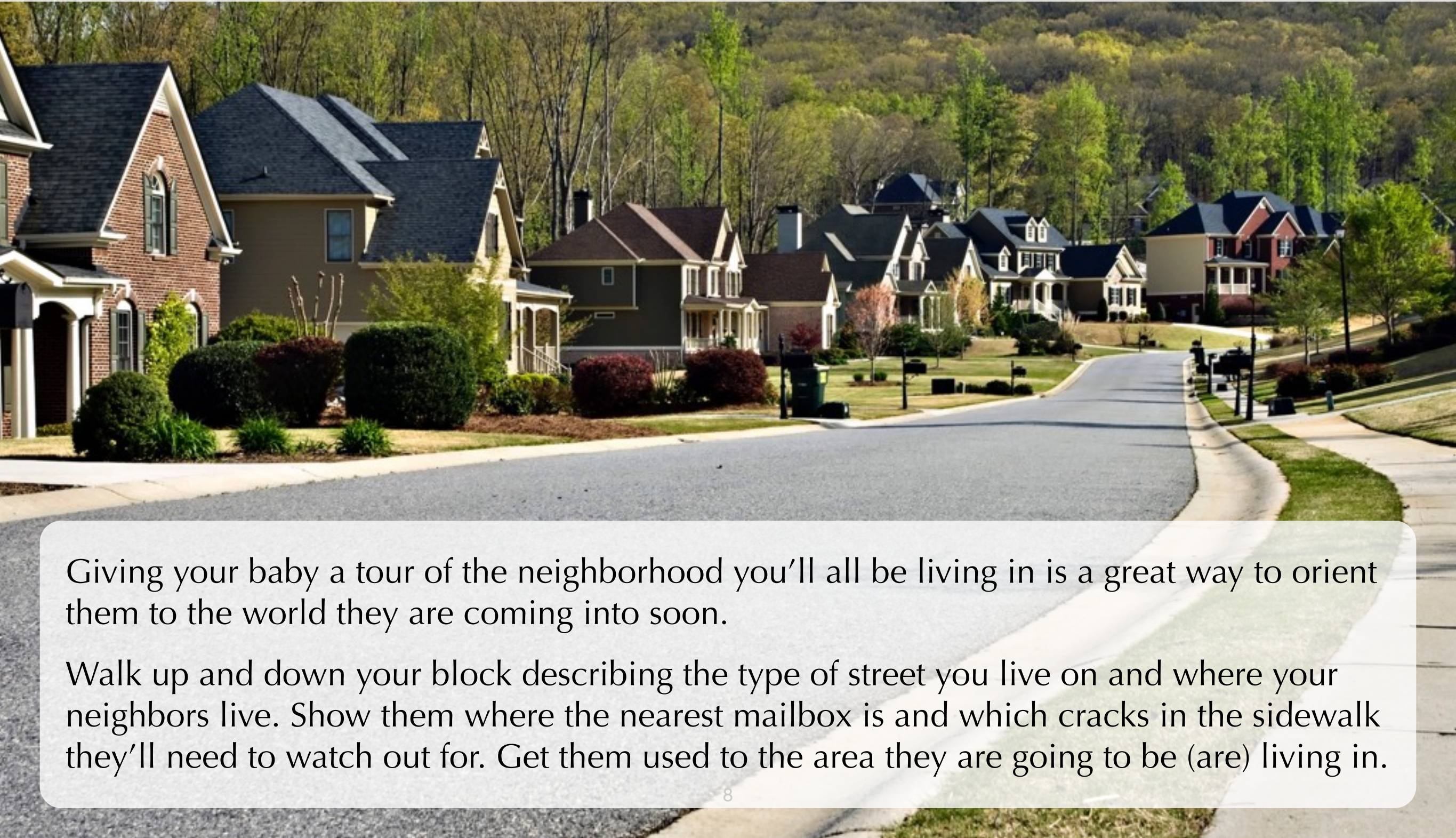
Let them hear your favorite songs and feel your good emotion when you listen to them with your baby.





# 4

## Take a Tour of Your Neighborhood



Giving your baby a tour of the neighborhood you'll all be living in is a great way to orient them to the world they are coming into soon.

Walk up and down your block describing the type of street you live on and where your neighbors live. Show them where the nearest mailbox is and which cracks in the sidewalk they'll need to watch out for. Get them used to the area they are going to be (are) living in.



# 5

## Show Your Baby Around Town

In addition to your neighborhood, showing your baby around town will be a fun way to spend a morning or an afternoon together.

Walk or drive around town pointing out to your baby all of your usual and favorite places:


the grocery store, the bank, the coffee shop, the deli, the restaurants, the gas station and any of the other places that you'll go regularly together.





# 6

## Take Your Baby to the Playground

A photograph of a playground. In the foreground, there is a green plastic sand bucket and a red plastic shovel lying on the sand. In the background, a red slide is visible, and the ground is covered in sand. The scene is brightly lit, suggesting a sunny day.

In the not to distant future, you are going to spending A LOT of time at the playground with your little one.

Why not take your baby to a playground in your neighborhood *now* and show them around?

Describe what you see there: the slides, the swings, the sand areas and all of the things they can climb on...

Tell them about all the things you'll do there and about all of the fun you are going to have there together...



# 7

## Go to Your Favorite Restaurant Together

Eating out is a fun experience and a time that you get to treat yourself to your favorite foods.

Share this experience with your baby next time you go out to your favorite restaurant.

Tell them why you like this restaurant so much.

What is your favorite dish?

What memories do you have here that you can share with your baby so they can join in the fun you're having?





# 8

## Go Grocery Shopping Together

What foods you eat during pregnancy is essential to having a healthy baby. And creating healthy eating habits in your child will be an important part of parenting.

The next time you go to the grocery store, why not orient them to the shopping experience. Explain to them which foods your getting and why you're eating them.

Are they foods you like?

Foods you eat just because they are healthy you?

Both?





# 9

## Put on a Random Playlist

Play different styles of music for your baby and see which ones they respond to.

Rock? Country? Classical?  
Hip Hop? R&B? Jazz? Blues?  
Alternative? Pop?

Feel for an increase in movement: more kicks or more squirms. Your baby just might be dancing & grooving to the tunes they're hearing.

Do they like what you like?

Take note of what was playing and try it again later. You might have discovered your baby's favorite music already!



# 10

## Sing Your Baby a Lullaby

Many studies have shown that baby's exposed to music repeatedly in-utero respond to that same music after they are born. They quiet and calm to it because it is familiar to them.

So choose a lullaby or some other song that you like that is calming and melodic and start singing it to your baby every night before you go to bed while, just like you will be doing after they are born.

(And pick something that *you* like singing because most likely, you'll be singing this song to them A LOT in the coming months!)





# 1 1

## Tell the Story of How Mom & Dad Met

You've probably told this story a hundred times to friends and family, but now it's time to tell it to your baby.

Where did you meet Dad?

How were you introduced?

How did you get to know each other?

What kinds of things did you like to do together?

What attracted you to each other?

How long did it take for you know you'd be together?





# 12

## Tell Your Baby about Dad

If he's going through the Module for Dads, your partner will be doing processes like this to tell your baby about himself. But you can do it too.

What is Daddy like?

What are his best qualities and strengths?

What does he like to do that you think you two will enjoy do together?

What do you hope your baby learns from him?

What kind of Dad will he be?





# 13

## Tell Your Baby about Siblings

If you already have other children, take some time alone to describe your baby's brothers and/or sisters to them.

What are their names and how old are they? What do they look like? What are their favorite things to do or favorite things to eat? Are they in school or not yet?

What will they be like as a big brother or big sister? Are they excited?

What else do you think your baby should know about their siblings?



# 14

## Introduce Your Baby to Your Pets

If you have pets in the house, it's important for you to prepare them for the new edition to your household. It's also important to introduce your baby to your pet(s).

Take some time to introduce your baby to the “other kids” in the home so they can all get along well together.

What are their names?

What are they like?

How will they play together and what will they do?





# 15 Tell Your Baby about the Grandparents

Grandparents can be some of the most special people a child has in their life.

Tell them about your parents and about their father's parents - *especially* if they have already passed.

What are their names?

Where do they live?

How often are you likely to see them?

What are they like?

What kind of things will they probably like to do with you?





# 16

## Talk About the Rest of Your Family

Your extended family might live close by or they might be spread across the country or the world. But they are part of the family bloodline and your baby should know about them.

Describe the dynamics of the family (brothers, sisters, aunts, uncles, cousins) your baby is being born into:

Who are they?

Where do they live?

What family stories do you have to share about them?





# 17

## Your Best Friends

Sure, you've spent time with your best friends already since you've become pregnant. And soon enough, they are going to come over and go "goo-goo ga-ga" over your little one when they are born. But why not do the introductions now?

Tell your baby about your BFF's: what their names are, where you met them, where they live and what they do. Let your baby also know about why you love them so much and why you consider them a best friend. This will not only help your baby love them too, but it will also teach them about what friends are and what to look forward to when they have best friends.



# 18

## Tell Your Baby about Dad's Friends

You've had the opportunity to talk about your friends. Now is the time to introduce your baby to Dad's friends.

What are their names and what do they do?

How long has Daddy known each one of them?

How and where did they meet?

What do they like to do together?

What do these friends mean to Daddy?



# 19

## Talk About Your Neighbors

Friendly “hello’s” and “aww, let me see’s” from your neighbors as you’re taking stroller walks around the block will be part of your baby’s experience.

If some are friends that you spend time with, tell your baby about them so they will know each other when they come see you.

If you don’t know some well, tell your baby what you do know about them.

What dogs or cats might they see in their yards when you’re walking around?





# 20

## What Foods Do You Like, Baby?

There is evidence that show your baby's tastebuds are active towards the end of pregnancy.

Does your baby react strongly when you eat certain foods?

Pay attention to which foods and/or flavors make your baby squirm or wriggle a little bit more than usual after you eat them...

Spicy? Salty? Fatty? Sugary?

Do they like Italian? Mexican? Indian? Chinese? Backyard BBQ?

Are they the same as your favorite foods or flavors?



# 21

## Here's Cold, Here's Hot...

Your baby is immersed in amniotic fluid that is kept at a perfect temperature: your body temperature.

But you may try this to learn how sensitive your baby can be to your reactions to things...

Get a bowl large enough to put your whole foot in and fill it full of icy cold water. Dunk your foot in it quickly and see if your baby reacts. If you startle because the water is so cold, does your baby react too?

Now try it with warm water (not so hot that it burns your skin). Does the soothing feeling of the warm water soothe your baby? Do warm baths calm your baby down if they have been really active all day? When you're relaxed, is Baby relaxed?





# 22

## Dance Around the House



Ready to have some fun?

Your baby loves movement and loves the sound of music, so you know what that means, right?

It's time to DANCE!

Put on your favorite tunes and crank them up loud.

Close the drapes or the blinds if you're embarrassed and get groovin'.

Your baby will love the feeling of you dancing around the house. Baby will also love the feeling of your silliness and willingness to let go and SHAKE IT!

Imagine how fun it will be to do this with your little one when they're old enough to dance WITH YOU!



# 23

## Your Prenatal Care

You will be going to A LOT of prenatal appointments throughout your pregnancy. Remember, your baby is going too!

Take time to explain why you are going to each appointment and why it will help the both of you. Especially if more intensive procedures will be performed, prepare your baby for it-explain as best you can what will be happening so they are less surprised and stressed about it.





# 24 Calm Down Now, Go Easy on Mama

Sometimes when Baby's movements get a little rough, it can be helpful to have a conversation with your little one to help settle them down.

If the punches and kicks get too intense, pat your belly on that spot saying things like:

"OK, I feel you. You don't have to do that so hard."

"Calm down now. Take it easy on Mommy."

"Be gentle now. That hurts Mommy."

"Mommy needs to rest now so let's settle down."





# 25

## There, There. It's Just Hiccups

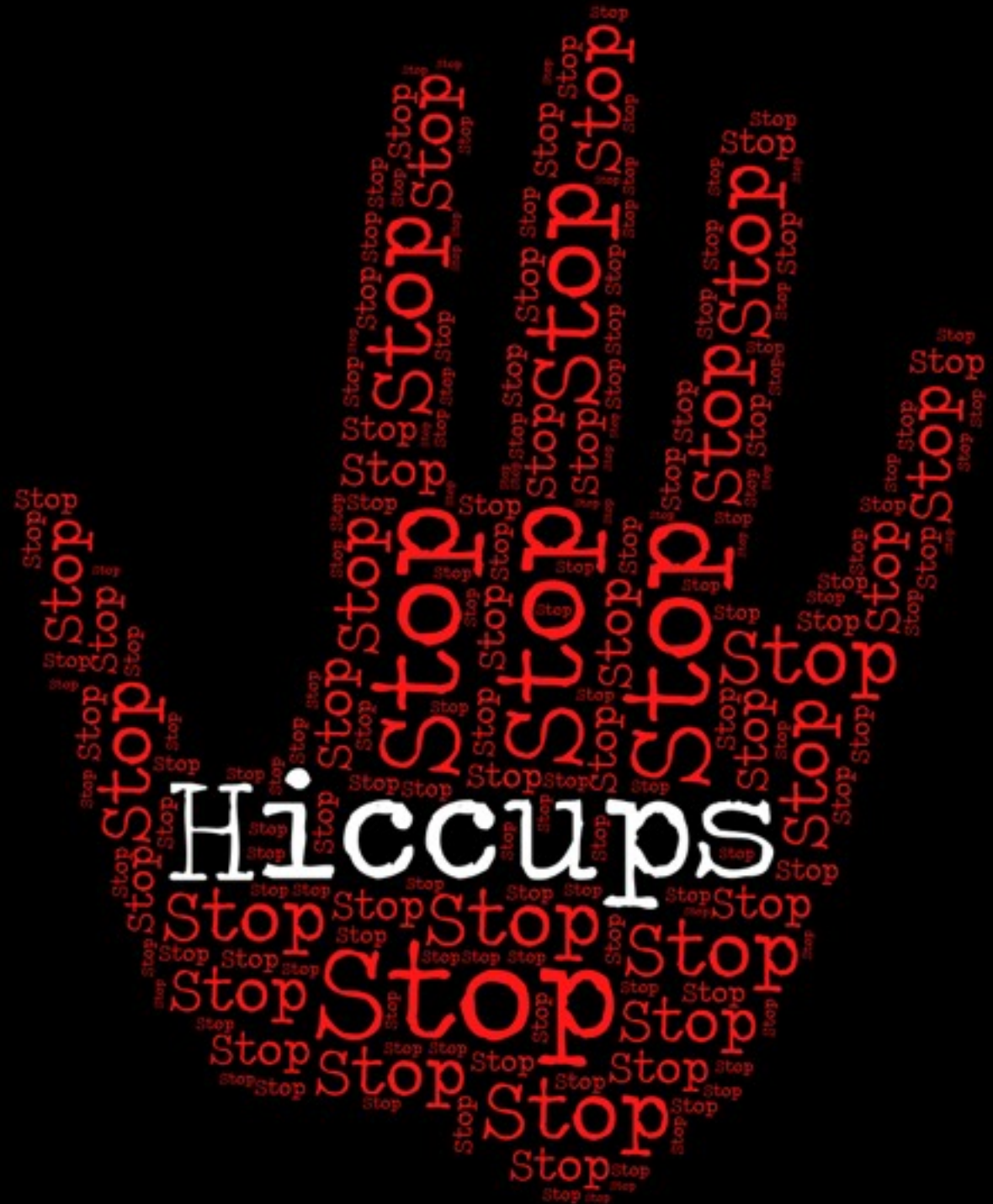
Hiccups can become an unsettling part of pregnancy. While it's not known exactly why a baby hiccups in-utero, if your baby gets them often, try this conversation to help settle them down:

"Hi Baby, I feel you. I know you're there.

I'm calming myself down right now so you can help calm yourself down right now."

Take a few deep breaths in & out with your hands on your belly.

"There, now isn't that better..."





# 26

## We're Getting Ready For You

Telling your baby about all the preparations you are making for them will help them feel “Welcomed & Wanted”.

Share with them what books you're reading and what classes you are taking to get ready for them.

Tell them about what changes you're making in the house set-up and in your work schedules for when they arrive.

Describe what gifts you're registering for and what the baby shower party will be like.





# 27

## Play “Follow the Leader”

All babies will poke and kick you throughout the day. Instinctively, you'll put your hand on your belly where they poked you - you're following them.

Did you know that your baby might be able to follow you?

After touching where they poked you a few times, ask your baby to now “follow you”: press somewhere on your belly and wait for them to push back on that point.

It might take some practice, but soon, you and your baby can play “Follow the Leader” together.





# 28

## Describe the First Bath

Bath time is a wonderful experience to share with your baby. While it's fun and soothing, the first bath can be a bit nerve-racking-for both of you-because it's new.

Describe what your baby's first bath will be like so they know what to expect:

- Where will it be and what the bathroom & tub look like
- What the water will feel like and floating in it (again)
- What the bathing process is and what you will do





# 29

## Talk About Diaper Changes

Get ready...soon you're going to be changing A LOT of diapers! And even if you're a pro already, your baby won't be. Many babies at first don't like feeling exposed at diaper changes.

So spend some time describing the diaper changing process to your baby so they are oriented to it when you start doing it.

- Why you're using diapers and why you're changing them so often.
- How you will do it and what it will be like.





# 30

## Tell Them About Breastfeeding

While breastfeeding is one of the most natural things in the world, it's still a learned skill...for both you AND your baby.

If you intend to breastfeed your baby, talk to them about it.

Why you want to breastfeed (for the nourishment, for the bonding, etc.)

For how long?

What will the experience be like for you two?

(If you're not sure about it, go to the Resources section to get answers to the above questions)



# 31

## Show Your Baby Their Sleeping Area

Hopefully, you and your baby will be doing LOTS of sleeping in your first few months together.

If you have your baby's sleeping area picked out already, give them a tour of it so it's familiar to them when they arrive.

If you're co-sleeping, show them your bedroom and explain how you'll all be sharing the same bed.

If they are in a separate space, show them the crib and the room. Orient them to where they will be sleeping in the house (relative to you) so they'll feel more safe and more secure.



# 32

## Optimal Birth Position

Usually between 28-32 weeks, your baby will turn into the optimal birth position: head down, chin tucked.

Your baby innately knows to move into the perfect birthing position for *their* birth. All they need is ample space within the womb (which comes from proper alignment of the pelvic bones and uterine ligaments) and time to move there.

But a little help by you visualizing this head down position throughout your pregnancy can't hurt either.





# 33

## Read Books To Your Baby

A famous study showing that memories can be formed in-utero was done with moms reading “Cat in the Hat” to their babies during pregnancy. After they were born, babies showed signs that they recognized the book they heard in the womb.

If Dr. Seuss isn’t your thing, pick a few books that you think you might enjoy reading with your little one and start reading to your baby now.

Read out loud to your baby at night before falling asleep as you will in the not too far future. It will help calm you down before bed too.



# 34

## Your First Pediatrician Visit

Every parent wants to have an excellent pediatrician as part of the health care team helping you with the health care needs of your baby.

The first visits with the doctor can go much more smoothly if you can tell your baby what to expect.

Do some research about your doctor and the typical procedures that are done on the first few visits so they don't come as much of a shock to your baby when they're done.



# 35

## This is how we'd like this to go...

Writing down your Birth Plan is an important step that prepares you and your partner for this incredibly powerful experience.

Don't forget to tell your baby how you would like the birth to go too!

Sharing your "Plan A" with your baby (how long labor will be, what interventions you prefer to avoid, etc.- you'll do this in your birth class) helps pre-pave the way for this vision to become a reality once labor starts.





# 36

## Show Your Baby Their Birthplace

If you know where you are going to be giving birth, taking a little walking tour of the place can help orient your baby (and yourself) to the place where the big event is going to happen.

Hospital? Birth center? Your home?

Talk to your baby as you walk around describing not only the surroundings, but how you expect the birth to go and what you hope both of you will experience there.





# 37

## Share Your Hopes & Fears



Every mother has high hopes for their child - what they want to experience in life, accomplish as a person, etc.

And every mother has fears as well - the state of the world, about being a good parent, etc.

Be real and share these hopes and fears with your baby. They feel what you're feeling, but they might not understand why you're feeling what you're feeling.

Tell them and teach them so that they can learn from you.



# 38

## What Name Do You Like???



In the same way that you can ask their birthdate, you can also ask your baby their name.

After some quiet time, place your hands on your belly and ask your baby if they prefer a certain name...

Go through some names you're considering, pausing in between each to feel or listen for a response.

If you feel a big kick with one on your list, that just might be the name your baby wants!



# 39

## Describe Your Perfect Day Together

Pretty soon, the three of you will be together and you'll be able to spend time however you choose.

Picture a perfect day with the three of you doing exactly what you want to do...

Where are you and what are you doing?

How do you feel? How does your baby feel and your partner feel?

Tell your baby exactly what this experience will be like so they can look forward to it.





# 40 When is Your Birthday Going to Be?



Give this a try: after some quiet time, place your hands on your belly and ask your baby when they are going to be born...

Feel for a big kick or any other significant movement that feels like a definite 'YES!'

"Will you be coming on... the 16th? the 17th?"

Start with the due date and work your way up and back the calendar. If you get a strong feeling on a certain date, take note and try again later to confirm.



# 41

## OK Baby, I'm Ready. Are You?



The Estimated Date of Delivery or EDD is really a “Guess Date” so if you haven’t gone into labor by that greatly anticipated date, there can naturally be some feelings of concern or anxiousness.

Rest assured, your baby will come right on time, at the perfect time, even if it’s a number of days past the “due date”.

But to help calm yourself and be more peaceful during this time, it can be helpful to slow yourself down, place your hands on your belly and to connect with your baby.

“I’m ready for this whenever you are little one. Everyone is so excited to meet you out here, *especially ME!*”

So when you decide you’re ready to come into the world, know that I am too and let’s do this!”



I hope you've had fun with these **40 Ways to Connect to Baby During Pregnancy**.

Obviously, there are MANY more way to connect to your baby than just these 40. Let this guide be a launching point for you. Add in your own ways and connect with your baby as often and for as long as you can - each and every day, ideally.

If you don't already have the **Connecting with Baby During Pregnancy Program** you can get it here:

[www.DrJayWarren.com/CWB](http://www.DrJayWarren.com/CWB)

Then you'll have full access to all of the tutorials, guided meditations and learning guides such as:

- **Module 1: Why You Want to Connect to Your Baby** - learn how the bond you experience with your baby once they arrive into the world is linked to the bond

you experience **before** the birth. Your baby's sense of security, self-esteem and self-confidence are being formed already in-utero. Connecting now helps build a strong foundation for you both.

- **Module 2: Why Your Baby Wants You to Connect** - Science shows us that your baby is fully conscious in your womb right now. Learn how connecting to your baby week by week helps shape the development of their perception, memories, adaptability to stress, and even personality that can last their whole lifetime
- **Module 3: How To Connect with Your Baby** - learn how and when to do these gentle, nurturing processes that powerfully influence your baby's genes (epigenetics) and their personality (psychological imprints)



- **Module 4: Welcome and Wanted** - regardless of the circumstances of your pregnancy, every baby wants to feel the nurturing assurance, caring and love from their mother. This is guided meditation (mp3 track) the first step in connecting.
- **Module 5: Sharing with Baby** - a guided meditation (mp3 track) you can use with this ***40 Ways to Connect to Baby During Pregnancy*** guide as well as with the additional ways outlined in the Module.
- **Module 6: Listening to Baby** - a guided meditation (mp3 track) that leads you through a progressive relaxation and then helps you hear and listen to the messages your baby might be trying to communicate to you (slow down, do this, stop that, etc.)
- **Module 7: After Birth** - this prenatal bonding experience during pregnancy is

just the beginning. Learn how to move into the next phase, the 4th Trimester, easily and effortlessly together. You will both enjoy the wonderful feelings of peace and ease together now that you get to hold your baby in your arms and your baby gets to gaze into your eyes.

- **BONUS EXTRA: the Fathers/Partners Module**: a guide for the Dads and/or Partners can can connect to Baby as well during the pregnancy (and WHY it is so important to do so).
- **BONUS EXTRA: Body Scan for Mamas** - a guided meditation that creates a calm space for you to listen to your own body's messages (not just messages from your baby in **Module 6**). The common symptoms of pregnancy might be telling you to start doing something new, or to stop doing something you're doing now.



In addition, the ***Connecting with Baby During Pregnancy Program*** includes a large library of resource links to recommended books, videos, podcasts, websites etc. that will help guide you along your pregnancy and parenting journey.

Learn more at:

**[www.DrJayWarren.com/CWB](http://www.DrJayWarren.com/CWB)**

Thank you for ***ALREADY*** being an **incredible** parent to your baby.

Your little one will come into the world feeling *that much more* connected to you, cared for and loved by you.

There's no greater gift you could give them.

Be Well,

Dr. Jay Warren