

Week 28 Objective:

Create and sing your own lullaby to baby.

This week you're going to introduce a new instrument into your musical repertoire —your voice. Your talking voice is already your unborn baby's favorite sound, along with your heartbeat. Now you can add melodic interest and soothing rhythms for enjoyment and learning. The quality of your singing doesn't matter to baby, who will just love to feel the vibrations of your diaphragm and hear notes that tickle his ears when you sing.

One of the best ways to connect with baby through song is to create a little lullaby or nursery rhyme that you can perform. It's easy. Don't be surprised if you find that if you sing it regularly while you're pregnant, baby will recognize it after birth and it will have a powerful soothing effect. Here's how:

1. Think of a familiar lullaby you may have heard as a child, like "Twinkle, Twinkle."
2. Hum the tune to yourself as you begin to think of your baby.
3. Write down whatever words or phrases come to mind, including baby's name if you know it. You will probably change the words many times over a few days as you sing your special song.
4. If you'd rather not create your own, just pick one of the lullabies here, or turn to page 113 in the back to find another lullaby or song that you like.
5. Sing it once a day to baby, and invite your partner and family to sing it to your tummy, too! What a nice way to get ready to go to sleep.