



Prenatal Talking Box Book

Handout JS34



How this activity can help me bond with my baby:

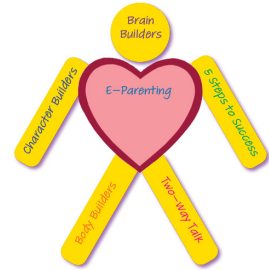
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Which Daily Do I want to focus on practicing:

- _____

When will I use the Talking Box Book:

- _____
- _____



Who else can use this toy during my pregnancy:

- _____

How to do this activity:

1. Hold your Talking Box Book in front of your belly. Talk to your baby about the different pictures on the box. You can describe to them what the animal/object looks like, how it may feel to the touch, and what kinds of sounds it makes.
2. After you describe each picture to your baby, wait for them to respond with their kicks, taps, and other movements.
3. If you feel your baby move, you can respond to them by talking about how you think they may be feeling inside the womb. For example, you might say something like: **I feel you turning in there. I think hearing about how the red train says, "choo choo" made you feel excited. Oh there was a kick. Let me tell you about the blue airplane now.**