People have sung to their babies forever. Every culture has lullabies and children’s songs that are passed down through the generations. New ones are written and shared, and the custom goes on—a rich part of the fabric of human civilization. These songs are designed to relax babies, calm their fears, or entertain and amuse them throughout childhood. As we have learned more about the life and capabilities of fetuses, we have realized that a fetus can hear clearly for months before birth, and can also discriminate sounds. At birth, newborns respond to familiar sounds by becoming calm and orienting toward the source of the sound, and even indicate their preferences for familiar voices and words over the unfamiliar.

Newborn babies prefer their parents’ voices, and other familiar ones, over those of strangers, and they prefer hearing a story that their mother had read frequently while they were in utero over an unfamiliar story, or even the familiar one read by someone other than their mother. Fetuses hear, remember, have preferences, respond to, and discriminate among differences—in sounds, music, voices.

These exciting findings have inspired educators to advocate prenatal learning through recordings played through a mother’s abdomen (of languages, music and other things). They have inspired birth activists and baby advocates to provide a safe, enriching environment for the fetus. Advocates of prenatal bonding emphasize communication between parent and unborn child as a powerful way to strengthen the bond.
Beautiful Music: The Benefits of Singing to your Baby, Before and After Birth

Written by Penny Simkin, P.T.
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Beautiful Music
The benefits of singing to your baby, before and after birth
By Penny Simkin, P.T.

People have sung to their babies forever. Every culture has traditions and children's songs that are passed down through the generations. New ones are written and shared, and the custom goes on — a birth rite of all cultures. These songs are designed to relax babies, calms their fear, or entertain and amuse them throughout childhood. As we have learned more about the 4th and capabilities of babies, we have realized that our babies can hear clearly for months before birth, and can also discriminate voices. As birth, newborns respond to familiar sounds by becoming calm and smiling toward the sound of the word, and even indicate their preferences for familiar voices and words over the unfamiliar.

Newborns prefer their parents' voices, and other familiar ones, over those of strangers, and they prefer hearing a story that their mother had read frequently while they were in the womb. There are a few familiar stories, and a few similar ones which many parents use a lot as comfort and soothing to calm baby and to quell the baby's crying.

Mothers and fathers respond with the words and tunes they are familiar with, or highly soothing to them. As children, both boys and girls of all ages have a repertoire of songs they like and know well. These songs are often the previous generation's favorites. They are bouncy or slow, simple or complex, and they're usually in the language in which that Generation was raised. Traditionally, these songs are passed down from generation to generation. Parents often teach their children to sing, in their own language or in English, the same songs they heard growing up. It's a beautiful gift to pass on family musical traditions and customs.

In the past, it was accepted that parents and grandparents were the ones who sang to the baby. Today, it's common for parents to sing to their baby, not just to entertain them but to build a bond with their baby. Parents who sing to their baby do so to express their love and to create a special connection with their baby. It is a way to show the baby that they are loved and that they are special.

The baby is capable of hearing and responding to sounds in the womb. They can hear their mother's voice, but they are also able to hear other voices, such as those of their parents and grandparents. They are also able to hear music, and they respond to it in a way that is unique to them. Babies respond to music in a way that is different from adults, and they are able to identify and respond to music that is familiar.

When parents sing one (or possibly a few) songs repeatedly to their child, before and after birth, it is a once-in-a-lifetime opportunity to build a unique, meaningful and fun connection with their baby. Parents have the opportunity to give their baby a gift, prenatally, that becomes a gift for them as well. It's a moment I'll never forget, and I can't wait to hear my baby sing it again.

When parents sing to their baby, it is a way to express their love and to create a special connection with their baby. It is a way to show the baby that they are loved and that they are special. It is also a way to express the love and care that the parents have for their baby. It is a way to express the love and care that the parents have for their baby, and it is a way to show the baby that they are loved and that they are special.

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