



TOUCH - BELLY RUBBING

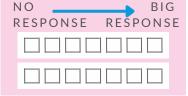
SUITABLE FOR TRIMESTERS 2 AND 3

ROLY POLY

- Start this stroke placing the palms of your hands onto your tummy, underneath the rib cage.
- Gently stroke down towards the top of your legs crossing one hand over the other in a sweeping 'Roly Poly' motion.
- You can talk or sing to your baby as you stroke.
- Repeat for 30 seconds.



Roly Poly, Roly Poly, On My Tum Roly Poly, Roly Poly, I'm Your Mum...



TUMMY TIME

- Keeping your palm flat, place the pads of your three middle fingers onto your belly.
- Using the pads, gently make a large circular motion in a clockwise direction around your belly bump.
- You can talk or sing to your baby as you stroke.
- · Repeat for 30 seconds.



Hickory Dickory Bump

My hand went round your Lump

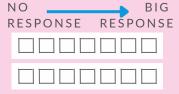
The Clock Struck One,

My Hand was Done

Hickory Dickory Bump

NO BIG

RESPONSE RESPONSE



FLOWER POWER

- Place the pads of your middle fingers on to your tummy.
- Keep your palm flat and gently make a series of small circular motions in a large circle (like a flower) in a clockwise direction around your belly bump.
- You can talk or sing to your baby as you stroke.
- Repeat for 30 seconds.



Roses Are Red Violets Are Blue You're Growing In Me And I Love You...x

NO	BIG
RESPONSE	RESPONSE





TOUCH - BELLY RUBBING

SUITABLE FOR TRIMESTERS 2 AND 3

RAINBOW

- Keep your palm flat and place the pad of your finger tips on your tummy, just above your right thigh.
- Gently race the shape of an upside down 'U' from the starting position, over your bump and over to the top of your other thigh.
- You can talk or sing to your baby as you stroke.
- Repeat for 30 seconds.

CATERPILLAR WALK

- Place the pads of your left hand on the right hand side of your bump.
- Gently walk all of your fingers up and over your bump walking from right to left.
- You can talk or sing to your baby as you stroke.
- · Repeat for 30 seconds.



Can You Feel Me
Tickling My Tummy?
Is it Nice or Is It funny?
Is It a Caterpillar?
No...It's Mummy!!!

NO .			BIG
RESPO	NSE	RESPO	ONSE

FIGURE OF EIGHT

- Place the pads of the index finger of your left hand just above your belly button.
- Gently walk your finger in a figure of eight, up and over your bump in a clockwise direction.
- You can talk or sing to your baby as you stroke.
- Repeat for 30 seconds.



Two...Four...

Six... Eight

Get Moving Baby

And Don't Be Late...

NO	BIG
RESPONSE	RESPONSE