

#AreYouKiddingMe?

“Babies can recognize songs they hear in the womb for up to four months after birth.”

-University of Helsinki, PLoS ONE



Babies are fascinating little responders. Not only do newborns react to the sounds of music, but they also can recognize their mother's voice in utero. **Mom's voice has been shown to help increase infants' heart and lung stability, growth and improve sleep.**

These influences are evident in a number of neonatal studies that show preemies thrive when a mother's voice is used to reinforce good eating, as many premature infants experience feeding problems.



In 2015, there were 22,388 preemies born in Florida; **almost one in 10 births was premature (9.9%).**

If you have any questions about your child's health or development, **call Help Me Grow, a free parent resource, at 2-1-1 or visit its website at helpmegrowfl.org.**