

Sound Origins

This guide is here to support you.
Take your time. Go at your own pace

What is Sound Origins?

Sound Origins is an approach to starting to use sound and song to support you and your baby on the neonatal unit. It was created by music therapist and researcher Kirsty Jane, with parents and professionals who have cared for a seriously unwell baby on the neonatal unit.

It is here to help you:

- Connect with your baby
- Use your voice in simple ways
- Find small moments of calm
- Celebrate your baby

Getting Started

You don't need to do everything at once. One step is enough.

1. If you can, visit www.soundorigins.org to watch the short video
2. Look through the journal
 - Choose a "weather" that feels like you today
3. Listen to music (QR code or playlist pages)
 - These are songs other parents found helpful
4. Read the ideas on a weather page
 - Just notice what feels right for you
5. When you feel ready
 - Turn to the back pages to explore sharing sound with your baby

It's okay to stop at any point.

Sharing Sound with Your Baby

You don't need to be a singer or love music. Your voice is already perfect for your baby.

You can:

- Talk softly
- Hum
- Pray/recite
- Say your baby's name
- Repeat simple sounds

Common Questions

When is a good time?

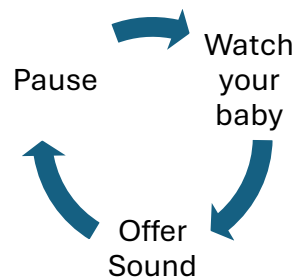
If your baby is:

- Calm
- Awake
- With eyes open
- This is a lovely time to connect.

If your baby is very small or very sleepy:

- You can still talk or hum quietly

Find times where the room is quieter so they can hear you above the background noise.



Try this:

Can I use my phone?

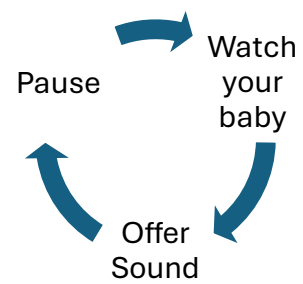
Your voice is best because

- Your baby knows you
- You can use your voice to respond to them

What if a loved one sends a voice message?

- That's okay to play

- Just keep it short



Remember:

A gentle reminder

- You are enough
- Your voice is enough
- Small moments matter
- Your nurse is here to support you