



NINE MONTHS IN PARADISE

*Prenatale
communication
between
mother
and child*



Hearing is the first sense to physiologically develop fully in the fetus. Already after the 18th week of pregnancy the human ear is functional.

It is, therefore, the first sensory organ, along with the sense of touch, that already in the fetal stage is ready to assume its tasks.

“Hearing is the first sense physiologically develop fully in the fetus.”

The prenatal communication of the unborn child with the outside environment begins at this point.

The mother’s influence on the emotional and mental development of the unborn baby is most felt in the form of her voice.



As a pioneer in his field, the Parisian doctor and researcher

Prof. Dr. Alfred Tomatis presented his discoveries in his groundbreaking work **“Neuf mois au paradis”**.

Based on his findings, Prof. Dr. Tomatis developed a special program for pregnant women allowing to enhance prenatal communication between mother and child.

The positive effects of this program for mother and child were proven by a long-term study conducted in France during the 1980ies.

Especially apparent were the benefits for the woman during her pregnancy, but a positive influence was also seen on the development of "Tomatis" children during their first years of life.



Pregnant woman using the Tomatis Method benefit from:

- ▶ Extensive body relaxation
- ▶ A reduction of fear of childbirth
- ▶ Better and deeper sleep
- ▶ More energy
- ▶ A reduction in the length of labor

Children of mothers who have followed the Tomatis birth preparation program:

- ▶ Are more relaxed, even-tempered and well-adjusted
- ▶ Show less fear and cry less than other children of the same age
- ▶ Are more communicative, speak earlier and better
- ▶ Have enhanced motor skills



Tomatis birth preparation program

The Tomatis birth preparation program comprises ***two 1,5 hour sessions per week***, over a 5-week period.

During the sessions the mother will listen with headphones to specially prepared music to stimulate and encourage mother-child bonding through prenatal communication. In addition the mother's voice will be actively integrated through reading and singing sessions.

The program can begin from the 18th week of pregnancy.

*For more information
concerning the program,
along with further details
about the long-term study
conducted in France,
please contact*

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