nulliparous women's experiences of talking to fetus: A phenomenological study

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Background & Objectives: Babies are capable of hearing even before they are born, and some researchers believe that talking or singing to a baby in-utero is a great way to begin the parent-child bonding relationship, and perhaps even to stimulate a baby's intellect before birth. The objective of this research is phenomenological assessment of women's experiences of talking to fetus in womb.

Materials & Methods: We taught to pregnant women how to talk to their baby in utero at the beginning of second trimester. This research had been done by using of open and in-depth interviews along with verbal and non-verbal probing and armful sampling. Voluntaries expressed their views about their experiences of vagina childbirth next day after delivery. Speeches were taped and then manuscripted and analyzed with using of Colizzi method.

Results: In this research 3 main themes has been included which each one composed of several sub themes. Main themes included: physiologic changes, psychologic changes, changing of behaviors and views.

Conclusion: Talking to unborn baby is one of the most important ways for promoting mental health and wellbeing during pregnancy.

Keywords: Nulliparity, life experience, Qualitative Research, Fetus, Speech

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