

Prenatal singing studios for strengthening the connection with the baby

LOCATION: Granada

DURATION: 1'28"

SUMMARY: Promoting the connection between a mother and her child through music from as early as the baby's development. This is the aim of prenatal singing, an activity that the Gorgoritos initiative develops in Granada in their small studios. The prenatal singing provides both emotional and physical benefits.

VTR:

These are pregnant women in a prenatal singing studio. Adriana is leading this activity, which is included in the Gorgoritos initiative. The aim is to benefit from the music to develop a connection with the baby.

ADRIANA TORRES
Gorgoritos

"The baby listens from the fifth month of development, and yes, it is true that early on it feels the sound vibration from the mother's voice. So what we want is to strengthen this bond but from a musical perspective."

These workshops combine the learning and use of special songs for the pregnancy period, and traditional lullabies from different cultures together with vocalisations and body exercises.

ADRIANA TORRES
Gorgoritos

"Creating a bond, like a phone line between mother and child."

On the one hand the benefits are emotional. Odile and María Ángeles have put it into practice.

ODILE FERNÁNDEZ
Studio member

"A magical moment of connection, that you notice when it starts to move, and then you're going to be seeing that when you're repeating the songs, or the melodies, when the baby is born it will recognise them too."

M^a ÁNGELES JIMÉNEZ
Studio member

"I have another two-year-old child, and I realised that everything I worked on with the prenatal singing, she then carried on with, actually we carry on with development through music because it is a way of connecting with them."

And on the other hand they're physical, helping to understand the body, and to work consciously with breathing and voice projection, something that can also be useful during labour.

For more information or support please email info@historiasdeluz.es
