

## Prenatal Influences

### Read the following:

*The Secret Life of the Unborn Child*, Thomas Verny, M.D. ISBN 0-440-50565-8, 1981 (from which the material below was taken).

This chapter is included because of the possible doors than can be opened in the spirit of an unborn child. I think you will find it quite enlightening. While “He” is used in the following summary, please read he/she.

Dr. Verny reports on many research studies relating to this issue. While Dr. Verny doesn't suggest he is a Christian, or that the book was written from a Christian perspective, it still contains much valuable information about how doors can be opened before birth, during birth, and a a young child. The following are highlights that Dr. Verny found from his research.

- Remembers
  - Music played only during pregnancy
  - Language spoke by mother 3 months before birth
- Can sense and react to emotions such as love/hate
- Can be taught conditioned learned responses
- Becomes emotionally agitated each time his mother even thinks of having a cigarette
- Hears clearly after 6 months, knows voice of father and mother
- Fetal activity (kicking & moving) comes as a result of moms anxiety.
- Womb anxiety produces children with anxiety
- Child knows if father is physically or emotionally abusing wife/mom.
- Luke 1:44 “for low as soon as the voice of thy salvation sounded in my ears, the babe in my womb leaped for joy”
- By week 5 He is developing an amazingly complex repertoire of reflex actions
- By week 8 He is not only moving his head, arm & trunk easily, he has already fashioned the movement into a primitive body language expressing his likes and dislikes with well placed jerks and kicks.
- Push, poke or pinch a mothers stomach and her 2.5 month old fetus will quickly squirm away.
- From week 26 he listens all the time
- He has distinct musical likes and dislikes.
- He will jump in rhythm to the beat of a drum.
- Responds and moves boy to music and rhythm
- Music causes them to be anxious or relaxed, depending upon the kind.
- Remembers music his mom played or sang
- He can see light after week 16.
- He can tell when light is shined upon his mothers stomach
- Has memory after 6<sup>th</sup> month
- Reacts to long temporary personal stress of the mother

- Mothers attitude toward baby is the single greatest effect on how an infant turns out
  - easiest pregnancy
  - most trouble free birth
  - healthiest off spring, physically and emotionally
- bad marriage or relationship are among the greatest causes of emotional and physical damage in the womb. 37% greater risk.
- Family stress or threats to the husband causes babies to be more emotionally volatile. Predisposes baby to psychological disorders such as anxiety or depression.
- Rates of psychiatric disorders, particularly schizophrenia were markedly higher among babies whose fathers died before children were born.
- Unhappy and rejected babies have unusually large numbers of physical and behavioral problems.
- Unborn babies take on the sleep time and cycles of their mothers. This continues after birth as well.
- Newborns may refuse to nurse if their mothers have rejected them, or didn't want them, or wanted an abortion.
- Fear/distress in the mother will result in immediate wild kicking of the fetus.
- Major catastrophes such as home loss or death of a loved one can deplete the mother of her emotional reserves so that she is unable to extend herself emotionally to her unborn child. This rejection is naturally felt by the baby.
- Increased fetal licking ten fold at death of father in car accident. Babies wee born underweight and colicky, cranky, irritable and cried a lot.
- They can hear and react to loud noises.
- They know the voice of their mother and father. Mother is driven from a rock concert by violent kicking.
- Emotions such as anger, anxiety and fear will prompt immediate furious kicking.
- A fraction of a second after fear sets mothers heart racing, infants rate will double.
- Fear of responsibility and fear of bearing a defective child raise the chances substantially of a spontaneous abortion.
- More a mother drinks the greater her child's chances of being born mentally retarded, hyperactive with heart murmur or with facial deformity.
- Babies whose mothers smoked 40 or more cigarettes per day were born smaller and in poorer physical condition. More reading problems at age 7, more psychological disorders.
- Caffeine can cause loss of muscle tone and low activity levels.
- How he is born whether painful or easy, smooth or violent, largely determines who he becomes and how he will view the world around him. Whether he is , 10, 40 or 70. A part of him always looks out at the world through the eyes of the newly born child he once was.
- Their minds record how they were delivered, how their head and shoulders were turned and the way they delivered.
- Psychological birth risks
  - 1. At bottom – uncomplicated vaginal births, confers important emotional advantages.
  - 2. Caesarean birth – crave physical contact

- 3. breach births – more academic problems in life
- 4. umbilical cord difficulties – high rate of throat related problems.
- 5. premature birth – feel pushed and hurried, bad dreams and nightmares correlating with the problem of birth.
- 6. life threatening experiences, i. e. 2 months premature, use of drugs, forceps, fetal monitors other “emergency measures”, predisposes child to a wide range of injury and problems later. Results in much higher incidents of schizophrenia, psychosis, violent anti social and criminal behavior.
- Recollection by a person of their birth “I could feel her terror when the knife began cutting across her stomach” “I felt Mom withdraw into a protective ball because of fear. I became scared because I have to do it all by myself” (the birth process) .
- Troubled moms have more complications in child birth.
  - Prolonged labor
  - poor attitude toward mother hood,
  - poor relationship to mother
  - habitual anxieties, worries and fears
- Quick bonding at birth results in more happy and well adjusted children
- Babies that require force on head or neck to be born, refuse head and neck ware through life.
- Induced labor correlates with sexual sadism
- Women who relate poorly to their mothers raise the risk of problem pregnancies and child birth.
- Anxiety filled fearful women
  - Have problem bonding
  - Higher birth complications
  - Longest labors
  - Most forceps, attempted deliveries
  - Bore babies with lowest AGPA scores
- Stroking, hugging, bonding as little as an hour after birth makes a critical different. It creates better mothers, and healthier babies physically emotionally and intellectually.
- Children 4 years old had 15 points higher IQ if they had been stroked at and after birth.
- By 8<sup>th</sup> week, the baby scratches its nose, sucks its thumb, raises his head and reaches out
- They have individual; and unique brain waves as early as 5<sup>th</sup> week.

Everything a mother thinks, feels, says or hopes influences her unborn child.

Also read Chapter 8, pp 137-149 Healing from Conception to Birth, Dearing, Norma, *The Healing Touch*, ISBN 0-8007-9302-1 2002. It has some very good suggestions on healing of the conception to birth experience.