

# KEEP THE VOLUME DOWN



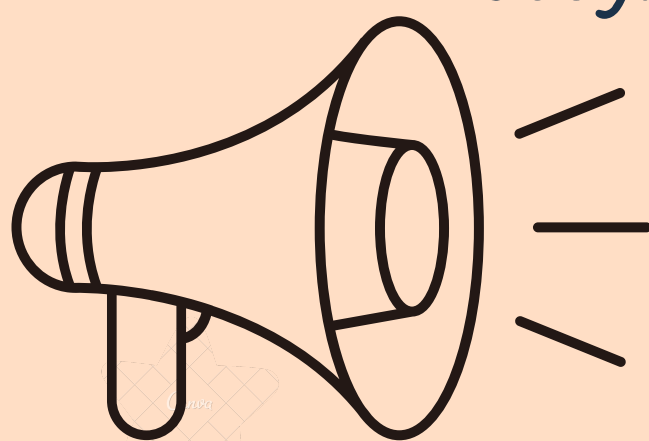
## THE WOMB IS NOISY



Your stomach gurgles  
Your heart beats  
Your lungs fill with air  
Your voice is amplified by  
the vibration of your  
bones as the sound  
travels through your  
body.

## BE CAREFUL OF NOISE LEVELS

Keep the volume to about 50 to 60 decibels, or around the same loudness of a normal conversation. You don't need to use headphones on the belly.



## CONCERTS AND MOVIE THEATRES

Avoid regular exposure to high-volume noises.

Avoid very loud concerts after 18

weeks.

