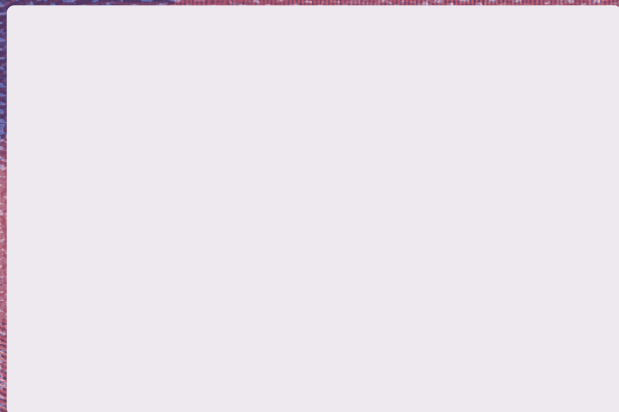
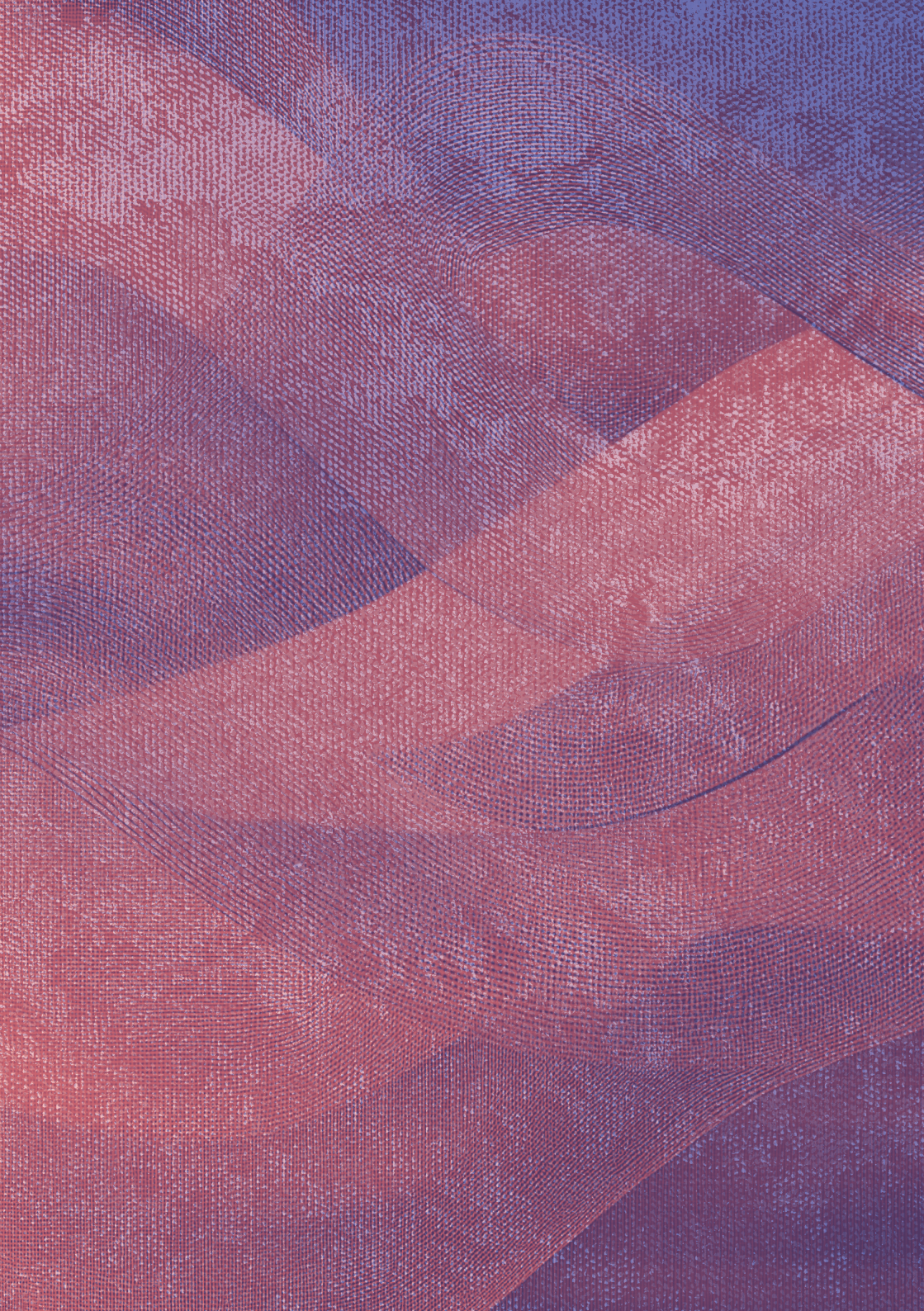




SOUND & SONG JOURNAL



This journal is a space for you to reflect, connect and find moments of calm at challenging times. It has been created for you by professionals and parents who have spent time on the neonatal unit with a baby with an uncertain future.

You'll find ideas, blank spaces and playlist suggestions for different times and feelings. There's no right or wrong way to use it. You can write, draw, stick or just sit with it. If it feels right, let sound and song guide you.

Kirsty Jane, music therapist



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To find out more about this study or if you have suggestions or concerns, please visit our website or email: kirsty.jane@kcl.ac.uk

ACKNOWLEDGMENTS

With thanks to all the parents and staff who were involved in the development of these resources.

Across Ummah, Camp Simcha, PEEPS-HIE, Audrienne Sammut, Devang Ram Mohan, Elmira Magomedova, Emily Hills, Joanna Young, Judith Mwalugelo, Mae Nugent, Mariam Titus, Rebecca French, Rifat Iqbal, Rupert Peace, Suzy Lea

And a special thank you to all the babies who have inspired us, including George, Florence, Isabella, Reiaan, Saad, Zoha

“It was extremely helpful for me to listen to music that was familiar and comforting to me, but in a toned down way that was also not too much for the baby. It was definitely an easy choice for me when making decisions was extremely difficult.”

– NICU parent

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PHOTO

ABOUT US

WHY WEATHER?

Just like the weather, our feelings can change from moment to moment. Some days feel warm and comforting, others are stormy or filled with rain.

Each section invites you to explore a different emotional landscape through sound and song. You might find moments of calm in a gentle melody, strength in a powerful rhythm or comfort in a familiar lullaby.

Scan the QR code on each page to hear a Sound Origins Spotify playlist made by past NICU parents, or explore them all using the code below.



What weather
resonates with
you today?
Choose one
to find ideas

SOUNDS AND SONGS ARE LIKE THE WEATHER

WARM WHISPERS

STORMS AND CRESCENDOS

RAINY MELODIES

WIND CHIMES

CALM HEALING

DARK HARMONIES

FOGGY ECHOES

LIGHTNING SPARKS

ICE AND SILENCE

WARM WHISPERS

When we feel warmth, comfort and connections, how can we communicate or make space for how we feel?

THINGS YOU CAN DO

- › Sing or hum sounds or songs with your baby
- › Share messages from friends or family with your baby
- › Write or draw about what's making you feel warmth, comfort or connection



HOW FRIENDS AND FAMILY CAN GET INVOLVED AND SUPPORT YOU AND BABY

- › Recording of your family / friends singing a lullaby from their childhood or a favourite recitation
- › Story from a loved one with a note about why they chose it



What does warmth and connection feel like?

SOUND AND SONG IDEAS

Are there songs or sounds that express love? It might be the words that have meaning or the power of the sounds.

Are there any sounds that comfort you?

- ›
- ›
- ›



WARM WHISPERS PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

STORMS AND CRESCENDOS

When we feel anger, frustration and strong emotions, how can we communicate or make space for how we feel?

THINGS YOU CAN DO

- › Write or draw about what's making you feel angry or frustrated.
- › Listen to powerful music and let yourself feel the emotions
- › Talk to someone you trust about how you're feeling



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A playlist of powerful songs that remind them of strength
- › A journal for you to write or draw your feelings
- › A piece of art that shows strength, like a painting or sculpture



SOUND AND SONG IDEAS

What sounds and songs match how you feel?

Do you need words or just sounds or instruments?

Are there any sounds or songs that feel supportive in a storm?

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On stormy
days I feel...



STORMS AND CRESCENDOS PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

RAINY MELODIES

Sadness and quiet reflection. Soft, steady and sometimes heavy.

THINGS YOU CAN DO

- › Write or draw about what's making you feel reflective or sad
- › Talk to someone you trust about how you're feeling
- › Notice your feelings and share them with someone who feels supportive



GIFT IDEAS FROM YOUR FAMILY AND FRIENDS

- › A recording of rain sounds or a favourite calming song
- › A box to keep special items, like photos or notes
- › Something with a scent that reminds them of you





When it feels
like I'm in heavy
rain my body
feels...

SOUND AND SONG IDEAS

Are there sounds or songs that meet you in the rain but keep you warm?

What sounds and songs feel helpful on a rainy day?

- ›
- ›
- ›



RAINY MELODIES PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

WIND CHIMES

Sometimes we feel restless, anxious and overwhelmed.
This is a space to find calm despite the wind.

THINGS YOU CAN DO

- › Notice how your body feels
- › Listen to something that takes away your restless energy
- › Make a list of images, sounds and smells that make you feel safe



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A wind chime to remind you of calm moments
- › A playlist of soothing sounds or songs
- › A stress ball or fidget toy to help with restlessness



What does wind
carrying your
emotions away
feel like?

SOUND AND SONG IDEAS

Are there any sounds that hold you when you feel unsettled?

Notice how your body changes when you listen to your supportive sounds.

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- ›
- ›



WIND CHIMES PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

CALM HEALING

The quiet of a still lake or a peaceful morning. This is a space for tranquility, stillness, and healing, if it feels right.

THINGS YOU CAN DO

- › Share gentle sounds or songs with your baby
- › Listen to sounds that remind you of peace and stillness
- › Write or draw about what's helping you heal
- › Sit quietly and focus on the present



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A playlist of meditative sounds or songs
- › A book of poetry or calming quotes

What does
stillness and
tranquillity
feel like?





SOUND AND SONG IDEAS

What sounds and songs feel calming and peaceful?

Are there times when you could share these with your baby?

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- ›
- ›



CALM HEALING PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

DARK HARMONIES

Sometimes we are stuck in a starless night sky with the unknown. This is a space to sit with your feeling and wait for the darkness to pass.

THINGS YOU CAN DO

- › Listen to music that feels comforting in the darkness
- › Spend some time being still with your baby with headphones in
- › Notice the change in your body on darker days



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A playlist of powerful songs that remind them of you and your connection to them
- › A journal for you to write or draw your feelings
- › An item to remind you that they are with you



How does your
body feel?

SOUND AND SONG IDEAS

Is it helpful to sit here or change the weather to feel like you can take on the day?

Can you find a sound that meets you where you are and another that changes the weather so that you can continue?

- ›
- ›
- ›



DARK HARMONIES PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

FOGGY ECHOES

Sometimes we feel confused, uncertain and lost. Stuck inside a thick fog and unsure of which way to go. This is a space to sit with your feelings and look for glimpses of clarity.

THINGS YOU CAN DO

- › Write or draw about what feels confusing or uncertain
- › Listen to calming, ambient music or nature sounds
- › Talk to your baby about your hopes



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A compass or small token to remind you that you'll find your way
- › A playlist of calming, ambient sounds and songs
- › An audio book about feeling lost and finding yourself



What does a
foggy path
feel like?

SOUND AND SONG IDEAS

How does your body feel when it feels lost? Try to find sounds that feel helpful.

Notice: do they match your energy or calm it?

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FOGGY ECHOES PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

LIGHTNING SPARKS

This is about passion, determination and fierce love. It's a flame inside your heart. This is a space to celebrate your strength and the love you have for your baby.

THINGS YOU CAN DO

- › Write or draw about what's making you feel passionate
- › Listen to energetic music and let yourself feel the energy
- › Talk to someone you trust about your hopes and dreams



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A rap or chant
- › A photo or picture of something that you have achieved in the past
- › Reminders about your hopes and dreams



SOUND AND SONG IDEAS

Are there songs or sounds that celebrate your love and strength? It might be the words that have meaning or the power of the sounds.

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›
›

How does
lightning
energy feel?





LIGHTNING SPARKS PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

ICE AND SILENCE

Are you feeling numb and emotionally freezing? Stuck in a cold place where its hard to feel or connect? Sometimes we just have to sit with our feelings and find small moments of warmth until we feel right.

THINGS YOU CAN DO

- › Write or draw about what's making you feel stuck in a cold place
- › Listen to reflective music
- › Think of an image that feels warm, what sounds, smells and feelings come to you?



GIFT IDEAS FROM YOUR FAMILY OR FRIENDS

- › A warm blanket or scarf to remind you of comfort
- › A playlist of deep, reflective music
- › Poems about finding warmth in cold places



What does
a frozen lake
feel like?

SOUND AND SONG IDEAS

What sounds or songs or sounds that feel helpful at this time?
What items bring you comfort?

What sounds bring you warmth in the cold?

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- ›
- ›



ICE AND SILENCE PLAYLIST





SPACE TO DOODLE, STICK OR WRITE

SHARING SOUNDS AND SONGS WITH BABY

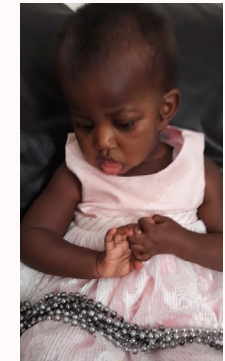
You may choose to share any sound or song that you have found supportive to support your baby. When you offer your baby sound you are starting a conversation with them. Give them time to let you know how they feel.

STEPS TO REMEMBER

- 1. Prepare:** What has been going on for your baby? Is now a good time for them?
- 2. Approach and wait:** Look at baby what are they telling you? Use your hands and voice to tell baby what is going to happen, try to be beside or face to face baby if possible. Take 5 breaths.
- 3. Connect:** Offer sounds. Use your eyes, hands and sounds to respond to your baby
- 4. Adapt:** Adjust your sounds to what your baby is telling you. Maybe they want you to slow sounds down, pause or they're ready for more. Do they need a position that is easier to find you?
- 5. Conclusion:** Let your baby know you've finished, keep your hands still and breathe five times before moving away

ADJUSTING YOUR SOUNDS

You can adapt your sounds to suit your baby. Adjust how you connect depending on how your baby is feeling and the day they are having.



LOW LEVEL STIMULATION

Soft humming,
like 'hmm-mm'

Calming 'shh'
or rain sounds

Short musical
tones (2–3 falling
notes)

Hummed lullabies
– no words
needed

Soothing vowel
sounds, like
'ooh' or 'aah'

Slow, quiet
talking

HIGH LEVEL STIMULATION

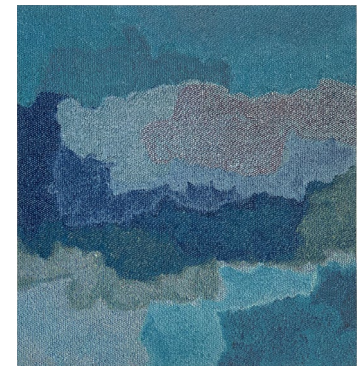
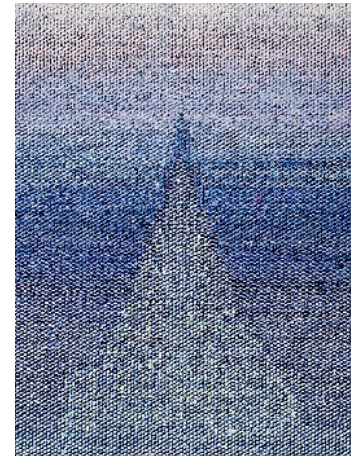
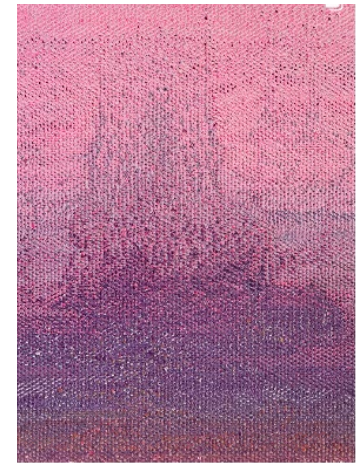
Gentle lullaby or
prayer with words

Recorded
voice or music
from home

Artworks

The graphics used in this publication are inspired by the paintings of artist, Pascal Hervey.

Pascal's art begins with the act of letting go. He loads his dispensing tool with paint then release blended dots of colour across the canvas until the surface is fully covered. There is no editing, no second attempt, just one chance for the image to form. The constraint is strangely liberating. The colours in the tool could become anything – an infinite number of outcomes are possible, ultimately a single image will emerge.

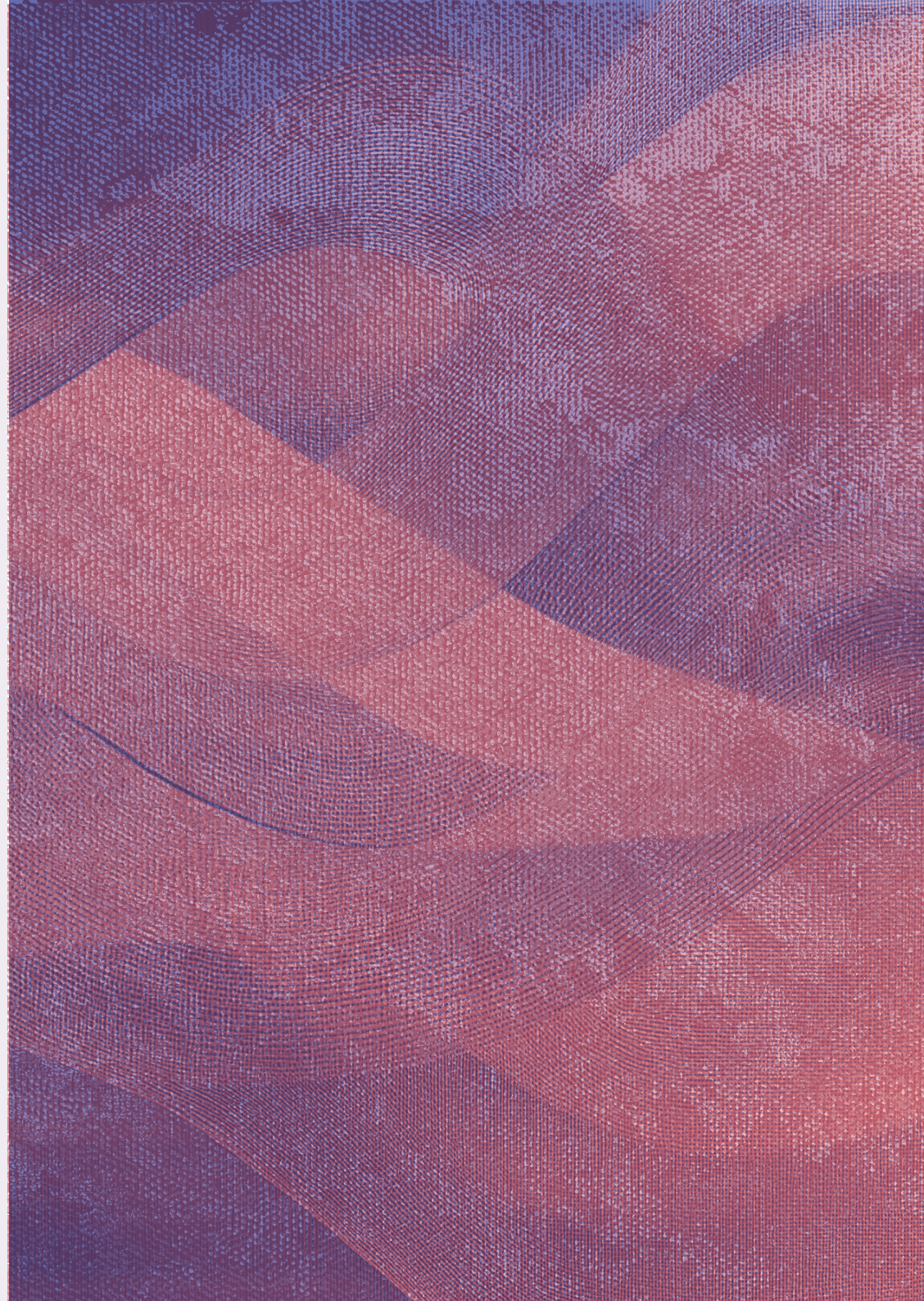


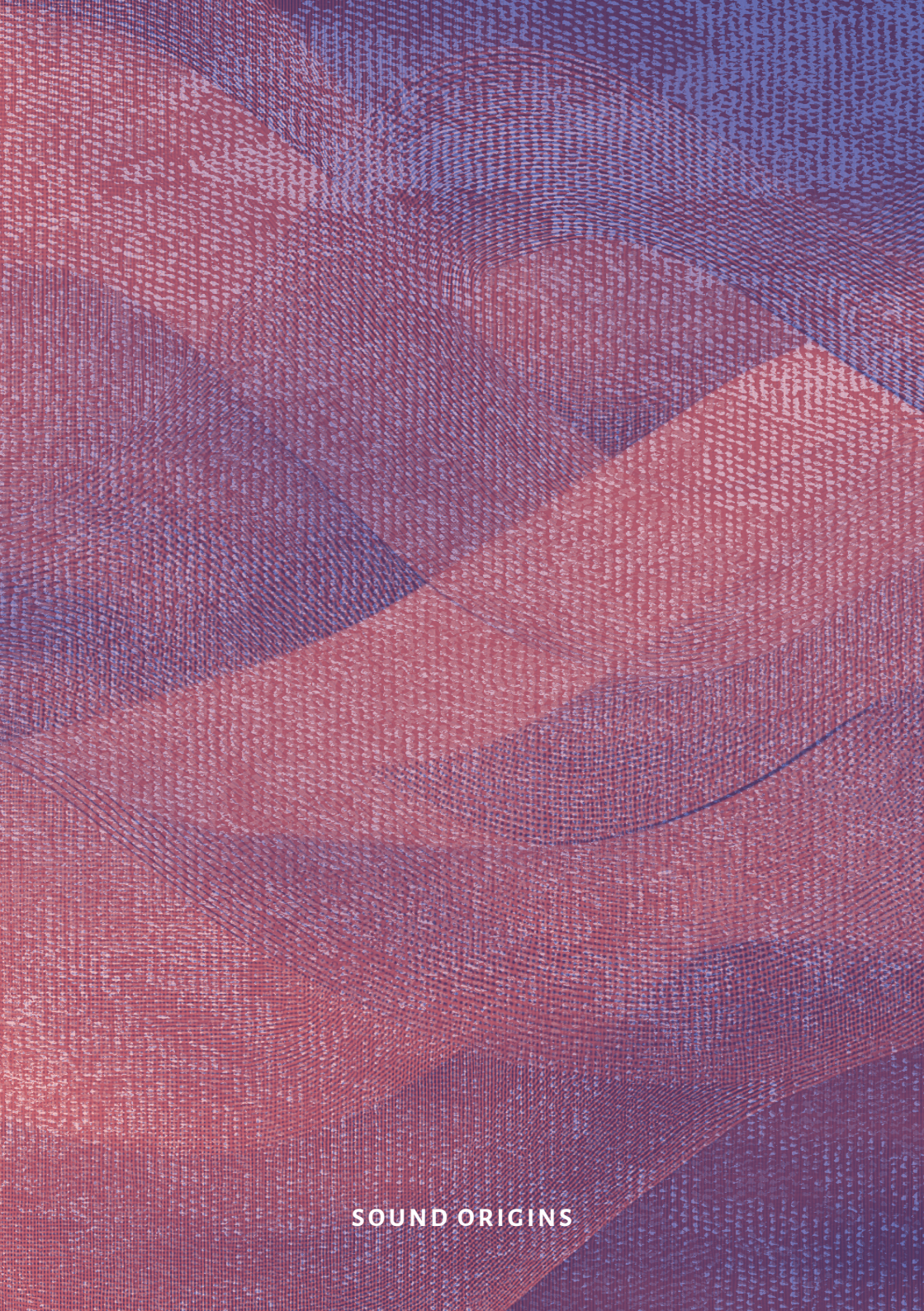
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Visual identity and publication





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