



BABY BRAIN

A baby in a white dress with a pink bow is looking up at a person in a bright orange costume. The person in orange is holding a large, translucent pink fabric that is draped over their arm. The background is dark and out of focus, showing other people in costumes.

**I see babies
I hear babies
I see babies
Everywhere**

Baby Brain is a show for mothers, fathers, carers
and their babies.

The show came from the seismic experience of having a baby.
From feeling wonder.
From feeling broken in the aftermath.
From slowly realising that the majority of mothers share
these feelings.

The show grew as we read about baby brain development and
looked into brand new research about how maternal brains
change.

Baby
You're ok
You're ok
You're ok

Baby
You're ok
Trust me
You're ok

Trust me
You're ok
You are safe
You're ok



The maternal brain changes as much as in adolescence.

MRI scans show that pregnancy and early motherhood trigger structural changes in the brain, including targeted synaptic pruning in areas responsible for empathy, threat detection, and social cognition.

You might feel more fear, more love, more confusion, more brain fog and more emotional than ever before.

The maternal brain is more vulnerable than at other times of life.

There is a scientific explanation.

You are changing, you are not broken.

There's a word for this transformation - matrescence.



**There's something new
There's something new
That something new is me and you**

**There's space for me
There's space for you
We've been building something new**

Brains aren't just born, they are built over time.

A baby's brain contains billions of neurons and these neurons connect to each other with synapses. Synapses grow with experience.

One way adults can help babies develop these connections is through 'serve and return' interactions - a tennis match of communication.

A baby 'serves' with eye contact, the adult 'returns' that eye contact. A baby waves, the adult waves back. A baby makes a sound, the adult talks back.

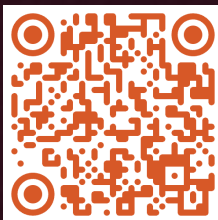
These small acts literally build the brain.

It's okay if every serve isn't returned, but repeated positive interactions create connections that build a solid foundation for future brain development.

Cast

Mum Brain - Holly Mimi Bernice

Baby Brain - Stasha Dukic



Creatives

Concept by Ruby Thompson, Sam Caseley Written

by Ruby Thompson, Sam Caseley and Sonia Jalaly

Directed by Ruby Thompson

Designed by Hold Art Collective, Sarah Marsh and
Stephanie Jefferies

Music and Sound Design by Ysabelle Wombwell and
Sam Caseley

Light Installation by Ed Grimoldby

Production Management by Luke James

Stage Management by Charlotte Hanson

Producing Support by Emma Bright

Audience Development by Hannah Everard

A huge thank you to Helen Tan from Hull City Council, the Developmental Linguistics team at The University of York Dr Catherine Laing and Dr Florence Oxley, Hull Libraries, Hull City Council Family Hubs, Back to Ours and Freedom Festival.

If you have been affected by any of the themes raised in the play **Baby Brain**, and would like further support, contact your **Heath Visitor** or **GP** or **House of Light**, a dedicated local charity specialising in perinatal mental health during pregnancy and up to two years post-birth.

Call **01482 580499** or email help@houseoflight.org.uk

For a further list of information and services visit our Baby Brain webpage via the QR code below.

Sources

Matrescence by Lucy Jones

Baby Brain - What's Really Going On? BBC Iplayer

The Oxford University Brain Story

Alberta Family Wellness Initiative

The Herd are a registered charity and rely on grant funding and donations. If you would like to support our work please visit our website and follow 'DONATE'.



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