



Words by one make talking fun...



copy my actions, sounds and words



This will help me to:

- Learn new things
- Interact with others
- Be more confident
- Make friends at nursery and school
- Develop more independence

By responding to your child's actions, sounds and words you open communication & turn taking, and this will help develop back and forth 'conversations' right from the new-born baby stage. Early 'conversations' may consist of smiling or a baby waving their arms and legs in excitement.

Helpful tips:

- When your baby is making noises and different expressions, look and listen to show you are interested
- Copy noises and expressions your baby makes, smile and talk to them – this will encourage them to keep making 'conversation'
- When your child tells you about their day, listen and ask them questions.
- Visit CYP SLT Pinterest and Hungry Little Minds website



For more information scan the QR code or contact the Help Kids Talk Coordinator: 028 9267 5172 / helpkidstalk@resurgamtrust.co.uk





Talk to me before I'm born...



Think of the bond we will form



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Talking & singing to babies in the womb develops the attachment between parent or caregiver and the child. Babies learn a lot before they are born. At 16-20 weeks they can hear your voice and other sounds from the womb. At 24-28 weeks their hearts beat faster when they hear music & they will remember the music they hear in the womb when they are born.

Helpful tips:

- Talk, sing and play music to your bump
- Encourage close friends & family to talk to your bump too
- Rub your tummy when your baby kicks - this can become a 'conversation'
- Visit CYPsLT Pinterest Page and Hungry Little Minds website



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Books are fun for everyone...



You can turn a page at any age



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Sharing books is a lovely bonding activity that a parent and child can do together from any age. Reading helps develop early communication skills. Even before a child can understand words, they are learning about the tone and rhythm of speech.

Helpful tips:

- Make reading fun! Use different voices, facial expressions and actions when telling the story.
- You do not have to read every word in a book, point to and talk about the pictures. You can make animal noises (e.g. "moo") or vehicle noises (e.g. "beep, beep")
- Read the same book again and again – this will help your child to learn, understand and use more words
- For older children, see if they can tell you the story or get them to predict what might happen next
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Take your place face to face...



I learn the most when you are close



This will help me to:

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Eye contact is important for your baby's brain development. Being face to face allows you to respond to your child's facial expressions and all communication attempts.

Helpful tips:

- Hold your baby close and look at them when you interact with each other
- Be face to face with your child when they are cooing, babbling or talking to you – this will show them that you are listening
- Be face to face when you sing nursery rhymes and during playtime
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Kind words and gentle touch



help me explore and learn so much



This will help me to:

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Children need cuddles and other loving touch for healthy development. Using kind and positive words is also important for their development. The words we use with children become their inner voice. Adults need to know how to regulate their own emotions so they can relax, and this teaches babies and children how to relax too.

Helpful tips:

- Be kind to yourself, parenting can be hard work
- Give your baby cuddles and as your child grows older remember they may not always want a cuddle, instead you could give them a high five or sit next to them
- Remember giving a child praise and complimenting them boosts their self esteem
- Visit CYPSTL Pinterest and Hungry Little Minds website



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Make our home language number one...



So we can talk, play and have fun



This will help me to:

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Talk to your child in the language you know best and are the most comfortable speaking. Talking and communicating with your child in your home language will support attachment, identity, understanding, self-esteem and promote a relaxed home environment.

Helpful tips:

- Look at books and sing songs and rhymes in your home language
- Let your child hear English whilst you are out and about but try not to worry about getting them to speak it
- Do not worry if your child cannot speak English when they start school, they should learn by listening and watching others
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Play your part right from the start...



I need you to talk and play everyday



This will help me to:

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- Develop skills towards independence

Play is not only fun, it is also the best way for children to learn about themselves, other people and the world around them. Play helps develop attention, language, emotions, imagination & social skills.

Helpful tips:

- Take time out every day to get involved with your child's play – this might only be for a few minutes that's ok
- Let your child take the lead, they will stay engaged for longer if you take an interest in what they want to do
- Comment lots during play so that your child hears words for actions and objects related to their play e.g. "wow you're building a tall tower!"
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Less watching more talking...



put everything away and just sing, talk and play



This will help me to:

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Playing together helps strengthen the bond between a parent and child. By playing with your child you will help build their self-confidence and develop their language and communication skills.
"Toys are great, but the best toy in the world for me is... you!"

Helpful tips:

- Sing nursery rhymes that involve touch, e.g. "Round and round the garden", or actions e.g. "Twinkle, twinkle little star"
- Play games like blowing raspberries or Peekaboo where the focus is on the interaction between you and your child - you can do this anywhere, no special equipment is required
- Switch screens off and take the time to have a chat with your child or have a dance and a sing-along
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Sing a rhyme anytime...

Start your child learning for a lifetime!



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Singing nursery rhymes is very powerful for children's communication development and for later reading and writing skills.

Helpful tips:

- Sing nursery rhymes throughout the day e.g. "row row row your boat" at bath time, "Old MacDonald had a farm" when walking to school
- Use actions when singing to help your child learn the words
- Pause during familiar nursery rhymes to allow your child to join in e.g. sing "Twinkle, twinkle little" then pause – your child might use body language to get you to keep singing (e.g. wave their arms) or sing the next word (e.g. "star")
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Crawlers to walkers babblers to talkers...



talking is as important as walking



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Communication is as important as the more visual and physical milestones, such as crawling and walking. Almost any activity can be an opportunity to talk, bond and have fun with your child.

Helpful tips:

- Chat to your child about what you are doing as you feed, change and bathe them
- Respond to your child when they point or make noises, interpret what they are saying e.g. "you want the ball"
- Sing nursery rhymes and songs together
- Read books together, have fun making up stories and pretending to be different characters e.g. firefighter/farmer
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Talk and Sing wherever we go...



that will help my brain to grow



This will help me to:

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The majority of brain growth takes place in the first 3 years of life. Everyday activities bring with them lots of opportunities to talk and sing, by doing this with your child you will help build their brain connections. Talking throughout experiences helps children make sense of these experiences.

Helpful tips:

- Talk to your baby or child during everyday routines e.g. snack time, going shopping, washing up, play time
- Tell your baby or child what is going on and point out interesting things that you see together
- Use actions with your words e.g. waving & saying “bye bye”
- Take turns, remember to listen and respond to your baby or child
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Add some words to what I say...



I'll learn to use sentences as we talk and play



This will help me to:

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Adding simple language to what a child says, will help them move towards using sentences.

Helpful tips:

- Add words to what your child says e.g. if a child says "ball", you can reply with "yes, a big ball!"
- Help increase your child's vocabulary by giving them choices e.g. "Do you want an apple or a banana?"
- Join in with your child while they play. Talk about what they are doing e.g. "wow that's a fast race car!" or "dolly is going to bed" and wait for your child to respond
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