



Help Kids Talk and our partners take a collective approach to encouraging the speech, language and communication of our babies, children and young people. We believe everyone within our communities, organisations and settings can play a valuable role in supporting our children's speech, language and communication development.

We know that making small changes can have a big impact and that the best outcomes are achieved when babies, children and young people spend time in environments where values and priorities are conducive to implementing these changes.

Using your home language with your baby, child or young person

Speaking in your home language has many benefits for you and your family. Maintaining your home language enables you to better connect with your own heritage, traditions and cultural values, and to pass these on to your children and to future generations.

Using your home language helps your baby or child develop a stronger sense of identity and self-esteem, and it also supports their brain development. It can also foster deeper family connections, making communication easier within the home and helps your child to understand and express their emotions.

It is very important that our children and young people are given opportunities to speak freely in the language they feel most relaxed using.

Feeling comfortable and confident in their home language will contribute to a positive self-image and sense of belonging. It's important to think about how we provide

opportunities for children to use and share their language with others in day-care facilities, educational setting or clubs. We could include greetings, rhymes and songs in our routines, and celebrate each child's culture and heritage.

We have begun to build a library of nursery rhymes in different languages! Please see our social media posts each September and our 'Bite size series' of nursery rhymes. If you would like to contribute to this with nursery rhymes in your home language, please send an email to us at helpkidstalk@resurgamtrust.co.uk.





There are many benefits for babies, children and young people to being exposed to more than one language from a young age. Research has shown that many children's brains are capable of learning multiple languages at the same time if they are learning language typically. They will learn language at approximately the same rate as a child who is learning one language, if we look at their TOTAL communication profile. They may have less words in English than their peers in the early years, but if we add together the words they have in both their languages, it will be approximately the same. This is completely to be expected!

Learning two or more languages does not cause a language delay. If a child is struggling to learn language, they will struggle in both the languages.

Research suggests that young children who learn both a home language and another language show strong cognitive development, such as critical thinking and problem-solving skills, and have an increased ability to understand social situations and empathise with other people's perspectives. It can also facilitate the learning of additional languages later in life.

Please check out our social media posts during the month of September when we focus on the importance of our home language and how we can best support our babies, children and young people who are learning two or more languages.

Please also learn from our partners at ALTRAM
<https://www.altram.org>

who support our children learning IRISH as a second language in Irish Medium preschool settings, where their major focus is on language acquisition in an immersive context.

Check out our website and subscribe to our mailing list so you don't miss out on any new developments.



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