



Kind words and gentle touch



help me explore and learn so much



This will help me to:

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

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 CYPST Pinterest and Hungry Little Minds website



For more information scan the QR code or contact the Help Kids Talk Coordinator: 028 92 670755 (option 6)

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