



Talk and Sing wherever we go...

that will help my brain to grow



This will help me to:

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

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
- Visit CYPSTL Pinterest or Hungry Little Minds website



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

helpkidstalk@resurgamtrust.co.uk

