

# Talk To Your Baby

## It will make a difference

Talking and listening to children from the moment they're born helps them develop good language and communication skills. This enables them to listen and express themselves well. It also helps them to learn and develop good relationships.

Most brain development occurs from birth to age two, so babies and toddlers need stimulation as much as they need nourishing food. The best way to stimulate babies' brains is to talk to them more.

Talking and listening to your child will benefit you both. Your child will feel valued and loved, and the two of you will form a close bond with each other.

You don't need to be an expert to help your child develop good communication skills. All you need is a listening ear and the willingness to chat to your child whenever you can.

## When do I start?

It's never too early to start talking to your child. Babies can communicate before they start talking and want to interact with people, especially family. By moving their mouth or limbs, cooing, babbling or smiling, your baby is sharing experiences with you and looking for a response. Whenever possible, try to respond by making eye-contact, smiling and talking back.

Toddlers will use some words to communicate with you, but they understand far more than they can say. By talking and listening to them you will motivate them to keep talking, which will improve their language skills.



Talk with me, play with me, read with me, sing with me. Then I'll know what it's all about.\*

\* Basic Skills Agency, Wales.



## Talk about what you and your child are doing throughout the day

Talking to your child can fit easily into your daily routine. Talk about the things you see when you're on the bus or walking to the shops. Chat to your baby during bath time, or recite a nursery rhyme while changing their nappy.

The supermarket is a good place to talk to your toddler and introduce new words, as your child is sitting in the trolley facing you. Gain their attention and then describe some of the items as you put them in the trolley.

Try not to ask your child too many questions. Instead, tell them about things, especially the things they show an interest in, like a favourite toy.



# Talking tips

Help your child develop good language and communication skills with these tips.

1. Talk to your child when you're playing together.
2. Have fun with nursery rhymes and songs, especially those with actions.
3. Encourage your child to listen to different sounds, such as cars and animals. This will help your child's listening skills.
4. Gain your child's attention when you want to talk.
5. Increase vocabulary by giving choices, e.g. "Do you want juice or milk?"
6. Talk about things as they happen, e.g. when you're both unpacking the shopping.
7. Listen carefully and give your child time to finish talking. Take turns to speak.
8. Always respond in some way when your child says something.
9. Help your child to use more words by adding to what they've said, e.g. if they said "ball" you might say, "Yes, a red ball."
10. If your child says something incorrectly, say it back the right way, e.g. "Goggy bited it." "Yes, the dog bit it, didn't he?"
11. Try and have special time with your child each day to play with toys and picture books.
12. Limit TV time. Try to watch TV together so you can talk about what happens.

Based on the leaflet *Help Your Child To Talk*, Royal College of Speech and Language Therapists, 2002.



## Talking to your baby matters

1. It will help your child learn to talk, as it is from listening to your voice that babies learn to use language.
2. It will stimulate your baby's brain, helping to strengthen the connections that make learning possible.
3. It will help your child become a good reader and writer, because language skills form the foundation for literacy.
4. It will help your child develop social skills and good relationships.
5. It will show that you love and respect your child, enhancing self-esteem.
6. It will help the two of you form a close bond - communication is the basis of your relationship with each other.



National  
Literacy  
Trust

*Talk To Your Baby*

**Talk To Your Baby** is a campaign run by the National Literacy Trust to encourage parents and carers to communicate more with children from birth. For more information call 020 7587 1842 or visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk)

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## Making the most of television

Like adults, young children sometimes feel tired or stressed and want to relax by watching television. Used in the right way, television can be beneficial. But too much can be harmful, so it's important to find the right balance.

- Try to limit your child's daily TV time to no more than half an hour for under-tuos and an hour for three to five-year-olds. This will give your child time for important activities like playing.
- Always turn off the TV when no one is watching because constant background noise can distract you and your children from playing, listening and talking to each other.
- Try to limit your child's viewing to programmes that have been designed for her age-group.
- Allow your child to watch the same video or DVD again and again. This can be better than television as the repetition and familiarity of words and phrases make it easier for children to learn from them.
- Don't put a television in your child's bedroom. This gives you less control over what and how much television he watches. If your child does have a TV in his room, make sure it is closely monitored.
- Try to watch TV or videos together so you can talk about what happens.

## টেলিভিশন-এর সবচেয়ে উপযুক্ত ব্যবহার

প্রাপ্তবয়স্কদের মতো, ছোট শিশুরাও মাঝেমধ্যে ক্লান্তি বা মানসিক চাপ বোধ করতে পারে এবং হয়তো টেলিভিশন দেখে একটু বিশ্রাম নিতে চায়। সঠিকভাবে ব্যবহার করা হলে, টেলিভিশন থেকে উপকার হতে পারে। তবে অতিরিক্ত দেখলে ক্ষতি হতে পারে, সুতরাং সঠিক ভারসাম্য নির্ধারণ করা জরুরী।

- আপনার সন্তানের টিভি দেখার দৈনন্দিন সময় বেঁধে দিন, দুই বছরের কম বয়সীদের জন্য আধ ঘণ্টার এবং তিন থেকে পাঁচ বছর বয়সীদের জন্য এক ঘণ্টার বেশী নয়। তা করলে আপনার সন্তান খেলাধুলা করার মতো অন্যান্য জরুরী সক্রিয়তায় আরো বেশী সময় দিতে পারবে।
- কেউ যখন টিভি দেখছে না তখন সব সময়েই সেটা বন্ধ করে দেবেন কারণ ঘরের মধ্যে অনবরত শব্দ হতে থাকলে খেলাধুলা, কথাবার্তা শোনা এবং একে অন্যের সঙ্গে কথা বলা থেকে আপনার ও আপনার সন্তানের মনঃসংযোগ অন্য দিকে সরে যেতে পারে।
- আপনার সন্তানের টিভি দেখা এমন ধরনের প্রোগ্রাম-এ সীমিত রাখুন যেগুলি তারই বয়সের ছেলেমেয়েদের জন্য তৈরী করা হয়েছে।
- আপনার সন্তানকে একই ভিডিও কিংবা ডিভিডি বার বার দেখতে দিন। এটা তাদের টেলিভিশন দেখার চেয়ে ভালো কারণ বিভিন্ন শব্দ ও বাক্য বার বার শোনার ফলে শিশুরা সেগুলির সঙ্গে পরিচিত হয়ে উঠতে এবং সেগুলি থেকে শিখতে পারে।
- আপনার সন্তানের শোবার ঘরে টেলিভিশন রাখবেন না। তা করলে সে কি ধরনের প্রোগ্রাম এবং কতটা টেলিভিশন দেখছে তার উপরে আপনার কোন নিয়ন্ত্রণ থাকবে না। আপনার সন্তানের ঘরে যদি টিভি রাখতেই হয়, তার দেখার উপরে কড়া নজর অবশ্যই রাখবেন।
- টিভি ও ভিডিও দু'জনে এক সঙ্গে দেখার চেষ্টা করবেন যাতে যা দেখছেন তা নিয়ে আপনারা কথা বলতে পারেন।

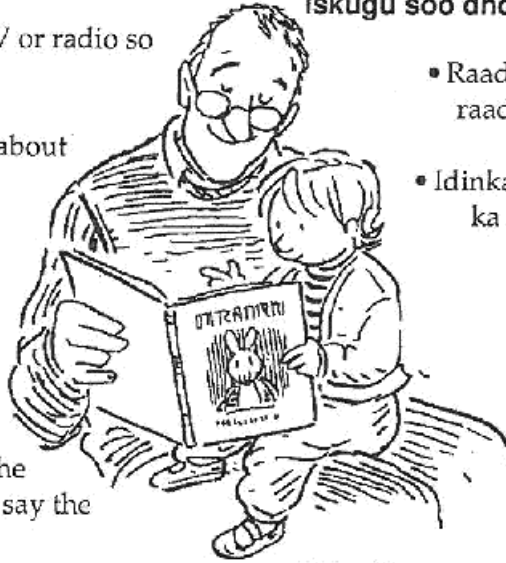


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## Sharing books with your baby

Sharing books is a wonderful way to help your child learn to talk, and it's the ideal opportunity to share a cuddle at the same time.

- Find a quiet place. Turn off the TV or radio so there are no distractions.
- As well as reading the story, talk about the pictures. If there's a picture of a dog, talk about a dog that you know.
- Give your child time to respond to your chatter.
- Don't put any pressure on your child to name the pictures, but if she copies your words, praise her and say the word again for her.
- Visit your library for different books – it's free to join. Don't worry if books get damaged; libraries understand that this sometimes happens.
- Don't read for too long. Young children get bored quickly so little and often is best.
- Let other grown-ups – grandparents, carers and older brothers and sisters – join in too.
- It's good to share favourite books again and again. Repetition helps children to understand and remember the language they hear.
- Remember, you're not teaching your child to read. You learn to talk a long time before you learn to read, and book sharing is a wonderful way to help your child's language development.



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## Ilmaha oo aad buugga wada akhrisaan

Buugaagta oo aad wada akhrisaan waa hab wanaagsan oo ilmaha lagu baro hadalka, sidoo kale waa fursad jirkiinnu isku taabto si aad iskugu soo dhowaataan.

- Raadso meel xasilloon. Demi TV-ga ama raadiyaha si aan carqalad idiinku iman.
- Idinka oo sheekada akhrinaya, sidoo kale ka sheekce sawirrada. Haddii sawirku yahay mid 'ey' ka sheekee eyga.
- Ilmaha sii waqti uu kaga jawaabo hadalkaaga.
- Ilmaha culays ha ku saarin inay sheegaan waxa sawirku yahay, haddii uu kaa daba-sheego ugu celi magaca sawirka mar kale.
- Maktabdda ka doono buugaag – waa lacag la'aan. Ha walaacin haddii buuggu jeexmo; shaqaalaha maktabaddu way fahmayaan inay sidaasi dhacdo.
- Akhriska ha ku dheeraan. Ilmuhu way caajisaan, sidaas darteed akhris kooban oo ku celcelis ah ayaa habboon.
- U oggolow in xubnaha kale ee qoyska – sida waalidka, walaalaha waaweyn – ay ku soo biiraan sheekadiina.
- Waa wax wanaagsan inaad wada akhrisaan buugaagta aad jeceshihiin in badan. Ku celcelisku waxa uu carruurta ka caawiyaa fahamka iyo inay xusuustaan hadalka ay maqlayaan.
- Xusuuso, ilmaha ma baraysid akhriska. Waa inay marka hore hadalka bartaan si ay akhriska u bartaan, akhriska buugaagtuna waa hab ilmaha ka caawin kara korriinka luqaddooda.

Quick tips may be photocopied. For more information visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk)  
Talk To Your Baby is an initiative of the National Literacy Trust.

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This translation was kindly sponsored by the Hillbrook Centre for children and Families. Hillbrook are a Sure Start funded Children's Centre offering a range of activities and groups to support parents/carers with children aged birth - 5 years - for further information please contact the children's centre on 020 8672 3957.

## Sharing songs & rhymes

Babies love songs and rhymes, especially hearing the sound of your voice. And they're a great way to help your child's talking and listening skills.

- Your voice is your baby's favourite music so sing to her, even if you don't think you sound great. Your baby won't judge you.
- Turn off the TV or radio so your child can hear your voice.
- You don't have to sing 'baby' songs – it can be the latest chart music. If you like the song, your baby will enjoy it too.
- Don't worry if you don't know any nursery rhymes. Sing the songs you do know and visit the library to borrow rhyming books or tapes.
- Look at your baby as you sing or chant and see how he reacts to different parts of the rhyme. Can you see his fingers wriggle?
- Young children learn best through play, so make songs and rhymes fun. Change the sound of your voice, make up some actions, or add your child's name or the names of family and friends.
- When your baby is tired or upset try singing a favourite song, slowly and quietly, to comfort her.
- When your baby or toddler joins in, show that you've noticed by giving lots of encouragement.
- Even if your toddler is just beginning to talk, listen to his reaction to the song or rhyme.



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## 一起唱小曲和兒歌

嬰兒喜愛小曲和兒歌，尤其是聽到你的聲音。小曲和兒歌是幫助你孩子培養談話和聆聽能力的極好方法。

- 你的聲音正是你嬰兒喜愛的音樂，所以不妨向他哼唱，即使你唱得不動聽。你的嬰兒不會批評你的。
- 把電視或收音機關掉，讓你的嬰兒聽到你的聲音。
- 你不必一定要唱哄嬰兒的歌，可以唱最新上榜流行曲。凡你喜愛的，你的嬰兒都喜歡聽。
- 如果你不會唱任何一首兒歌，不必擔心。只要唱你熟悉的歌，而且可以到圖書館借取兒歌書籍或錄音帶。
- 當你哼唱時候，注意你的嬰兒，看他對兒歌不同部分有怎樣的反應。你看見他的手指在蠕動嗎？
- 嬰兒的最佳學習方式是透過遊戲，因此不妨使這些小曲和兒歌有興趣感。改變你哼唱的聲調、做一些動作、或者加上你孩子的名字，或者家人或朋友的名字。
- 當你的嬰兒累了或傷心時候，不妨緩慢和輕輕地唱一首他喜愛的歌曲給以安慰。
- 當你的嬰兒或小孩跟著你唱，應表示你注意到這一點，並給以諸多的鼓勵。
- 即使你的嬰兒剛開始學說話，不妨聽他對小曲或兒歌的反應。

## Dummies and talking

Babies like to suck, so dummies can help soothe at bedtime or when your baby is tired or cross. But regular and extended use of a dummy can create problems with your child's speech.

- Try to wean your child away from dummies, preferably by 12 months.
- Make a clean break – throw away the dummy over a weekend, or at time when you have support. Most babies and toddlers will fret for no more than two or three days.
- Dummies prevent babies from babbling – an important step in learning to talk, so only use them at set times, like bedtime.
- When your baby cries he's trying to tell you something, so try to find out what's troubling your baby first, and use the dummy as a last resort.
- Remember, learning to talk can be tricky, so toddlers need lots of practice. A dummy will discourage your toddler from chatting with you, which she needs to do to develop her language skills.
- If your toddler is still using a dummy, always ask him to take it out before you talk to each other.
- Never dip your baby's dummy into anything sweet. This can cause tooth decay.



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## Cinjirka iyo sheekada

Ilmaha ama dhallaanka yar-yar waxay jecel yihiin dhuuqista, sidaas darteed cinjirka afka ayaa maaweelin kara markii ay sarlirta ku jiraan ama haddii ay daalan yihiin ama xanaaqsan yihiin. Laakiin cinjirka oo mar kasta afka ugu jira dhibaato ayey u keeni kartaa hadal barashada ilmaha.

- Isku day inaad ilmaha ka goysid cinjirka ugu dambayn marka ay jiraan ilaa 12 bilood.
- Si dhammaystiran uga goo – tuur cinjirka gaar ahaan waqti aad haysatid cid ku caawisa. Badi carruurta u darsan maayaan wax ka badan laba ama saddex maalmood.
- Cinjirku waxa uu ka hor istaagaa ilmaha in hadalkoodu isku dar-darsamo – taasoo muhiim u ah hadal barashada, sidaas darteed isticmaal waqtiyo gaar ah, sida xilliga ay sarriirta ku jiraan.
- Markii ilmuhu ooyo waxa uu doonayaa inuu wax kuu sheego, markiiba afka ha u gelinin cinjirka, isku day inaad ogaatid waxa ay tabayaan marka hore.
- Xusuuso, barashada hadalka ma sahlaya, ilmuhu waxay u baahan yihiin waqti inay la qabsadaan hadalka. Cinjirku waxa uu ilmaha ka hor istaagayaa inay kula hadlaan taasoo ilmaha laga rabo si ay hadalka u bartaan.
- Haddii canuggu weli isticmaalo cinjir u sheeg inay afka ka bixiyaan ka hor inta aadan wada-hadlin.
- Cinjirka ha dhexgelinin wax macaan. Taasi ilkaha ayey ka qurmin kartaa.

Quick tips may be photocopied. For more information visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk)  
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## Bebeğinizle kendi dilinizde konuşun

Çocuğunuza konuşmayı öğrenmesinde yapacağınız en iyi yardım onunla mümkün olduğu kadar kendi dilinizde konuşmanızdır. İngilizce konuşmanız gerekmez. Bu şekilde çocuğunuz kendinden emin şekilde konuşacak ve ana okuluna başladığı zaman İngilizce'yi ana okuluna veya okula başladığı zaman öğrenmeye hazır olacaktır.

- Bebeğinizi yıkarken, mama verirken veya bezini değiştirirken ona kendi dilinizde, birlikte ne yaptığınızı anlatın.
- Kendi dilinizde uyaklar, şairler, şarkılarla iyi vakit geçirin.
- Çocuğunuza kendi dilinizde hikayeler okuyun. Hikaye okunurken onun da katılımında bulunmasını teşvik edin.
- Kendi dilinizde kitaplar bulmaya çalışın veya kendiniz yazın.
- Çocuğunuzun aynı dili konuşan kişilerle oynamasını teşvik edin.
- Çocuğunuzla ana okulunda veya okulda ne yaptığını kendi dilinizde konuşun. İngilizce kelimeler kullanırsa söylediklerini kendi dilinizde tekrarlayın. Fakat onu doğrultmayın veya kendi dilinizde konuşmasında ısrar etmeyin.

- Çocuğunuzun kendi dilinden gurur duymasında yardımcı olun. Bir dilden fazla dilde konuşuyorsa dillerin isimlerini öğretin.
- Aksanlı konuşuyorsa veya hata yapıyorsa gülmeyin veya şaka yollu takılmayın.

## Talk to your baby in your own language

The best way to help your child learn to talk is to talk to him as much as possible in your own language - it doesn't have to be English. That way, your child will learn to talk confidently, and will be ready to learn English when he starts at nursery or school.

- Talk to your baby in your own language about what you're doing together - when you're bathing or feeding your baby, or changing her nappy.
- Have fun with rhymes, poems and songs in your own language.
- Tell your child stories in your language. Encourage him to join in with the storytelling.
- Try to find books written in your language for your child, or try making your own.

Encourage your child to play with children who speak the same language as she does.

Talk to your child about what he did at playgroup or nursery in your language. If he uses English words repeat what he has said using your language. But do not correct him or make him use your language.

Help your child feel proud of your language. If she speaks more than one language, teach her the names of the languages.

Don't laugh or tease your child because of his accent or if he makes mistakes.



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## Top Tips for Supporting Communication

Be **FACE-TO-FACE** when talking with a child. You may need to get down to their physical level or bring them up to yours.

**TAKE TURNS** of equal length so that no one is dominating the conversation. Give the child time and space to have their turn, which may be verbal or nonverbal, in conversations.

**FOLLOW THE CHILD'S LEAD** by watching and listening so you know what they are interested in and what they want to communicate about.

**COMMENT** on or describe what the child is focused on (rather than ask questions or give instructions).

Use **"HERE AND NOW" TALKING** about what is happening right here, right now. Try to keep talk about yesterday or tomorrow to a minimum, and use visual cues to make it easier to understand.

Use **SIMPLE WORDS AND SENTENCES** when talking to the child. As a rule, try to use the same number of words (or one more) as the child is using.

**COPY** the child's communication, whether they use words, sounds, actions, or facial expressions. If they say words/sentences incorrectly, repeat them back correctly.

**MODEL** (say) a correct word or sound to the child rather than asking them to say it themselves. **EXPAND** the child's utterance by repeating it and adding one word.

To help the child understand, try to **SLOW DOWN, STRESS KEY WORDS, & BREAK INSTRUCTIONS INTO MANAGEABLE CHUNKS.**



Use **VISUAL SUPPORTS** (e.g., signs, gestures, pictures) to help the child learn words and understand.

Give **CHOICES** by naming the options and giving the child time to indicate their preference in any way (e.g. pointing, looking, naming).

If you do ask questions, ask **OPEN-ENDED QUESTIONS** which require more than one-word answers. Be aware that all questions are difficult for children with delayed language.

Give **SPECIFIC PRAISE** to show you noticed the child tried something new or to congratulate them for doing something well, naming what it is the child did well.