

What's it got to do with talking?

Back and forth interaction



If you:

- Look at your little one when you talk with them, they can see you are interested in them.
- Follow your little ones lead and talk about things that are interesting to them, they will be motivated to listen to you.
- Pause after you have spoken to your little one, they'll begin to learn that it's your time to listen and their chance to take a turn in the conversation.

- Respond to your little one after they've babbled, they'll begin to understand that you want to join their conversation.
- Model the above, you will show your little one how you want them to interact with you when they're older.

Books

If you:

- Cuddle up and share a book with your little one, this can help you bond with each other.
- Notice what pictures your little one is interested in and then talk about the pictures, you can help your little one learn more about their world.
- Name and talk about things in the story or the pictures which are new to your little one, you can also help build their word bank.
- Bring the story to life by using different voices and by being animated, your little one may engage more with the book and develop a love for other stories too.

Play

If you:

- Get down on the floor next to your little one, it is much easier for them to see your face, to feel close and safe, and this will also give you the opportunity to stop, watch and listen to them before you follow their lead in play.
- Spend time everyday playing with your little one and talk with them about what they're doing when they're playing, you will also help them learn new words.
- Provide other opportunities for different types of play e.g. by joining in an online messy play session, you'll have lots of things to talk with your little one about and this can help support their language development and knowledge of the world.



TV

If you:

- Limit TV time, you then have time to sing, share books, play and talk together with your little one which will help their development and support brain growth.
- Watch TV together, you can adapt what you're saying to talk about what is happening so your little one learns more about their world.
- Turn the TV off when it is not being watched, your little one will not be distracted by it and this will help them focus on you!

Routines

If you:

- Talk with your little one about what you are doing throughout the day, they'll hear lots of new words and learn lots about their world.
- Talk about what is happening and what will happen next at routine times e.g. nappy time, bath time, at the shops, you will help your little one begin to anticipate and understand what might happen next. Your little one will need to hear a words lots of times before they will understand what it means. Some routines happen several times of day and others at least once a day so there's lots of opportunities for them to hear you saying the words.



Dummies

If you:

- Reduce the use of dummies, your little one will have the opportunity to babble freely.
- Wean your little one off their dummy by 12 months, you will be helping to support their speech development.

Singing

If you:

- Sing to your little one, they will love it. They're not worried what your voice sounds like!
- Do some simple actions or use some props too, e.g. teddy, it will make singing even more fun.
- Join in online rhyme-time sessions, you'll have the opportunity to learn new songs together which will help support your little ones communication, language and speech development.