

## Remember:

- Simple stories with pictures
- “who” questions
- As a parent you are your child's best play mate, so try to spend time every day talking and playing together
- Talk to your baby in the language you know best. This doesn't have to be English
- You are your baby's first teacher. Everything is a discovery.

**If you have any questions or concerns about your child's speech and language development, please contact a Speech and Language Therapist via your local children's centre.**

To the best of our knowledge all information was correct at the time of printing: February 2010.

### You can contact us in the following ways:

#### By telephone:

01905 790 560  
(Monday to Friday, 9am to 5pm. Answer machine at all other times)

#### By post:

Family Information Service,  
3 De Salis Court,  
De Salis Drive,  
Hampton Lovett, Droitwich,  
WR9 0QE

#### By email:

familyinfo@worcestershire.gov.uk

#### Online:

www.worcestershire.gov.uk/  
childrenscentres

This publication can be made available in other languages and alternative formats (including large print, audio tape, computer disc and Braille) on request from the Marketing Team on telephone number 01905 728912 or by emailing njones4@worcestershire.gov.uk

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# Say hello to your baby

## Hints and tips for communicating with your baby



**NHS**  
Worcestershire

**Sure Start**  
**Children's Centres**  
Worcestershire

# Say hello to your baby

## Hints and tips for communicating with your baby

### Games are a great way to talk and learn together

You don't need any toys, just each other. Count baby's fingers and toes and play tickling games and 'peepo'.

### Sing to your baby, even if you don't think you sound great

Your baby will love hearing your voice and having your attention. Nursery rhymes are great, but any songs will do.

### Like adults, babies don't always feel like being sociable, especially if they are hungry, tired or uncomfortable

Take time to get to know your baby's needs and respect their need to take time out.

### Switch off the TV for part of the day

This will help your baby focus on what you are saying and will help them to listen.

### It is never too early to read to your baby

Your child will love to hear your voice and have your attention. You can look at the pictures together and talk about the things you see.

### You don't have to have anything important to say to your baby

Just talk about the things you are doing together eg. changing their nappy or bath time.

### Babies just a few days old, if alert and content, will seek out faces and look at them intently

Try slowly opening your mouth or sticking out your tongue - your baby may copy you.

### Soon after your baby is born they will recognise and turn to the sound of your voice

From birth your baby is listening, so keep talking to them.

### Babies are born with a wide range of emotions

Your baby's facial muscles will soon develop, enabling a full blown smile. Take time to try to recognise the different feelings they are showing you. Everything your baby does is telling you something.

### When your newborn is in the mood to chat, they might move their mouth a lot, as if they are talking

Answer your baby by saying something like "That's a good story you're telling me."

### Make the time to have conversations by copying their sounds

As the weeks go by, your baby will look at you for longer and make cooing sounds.

### Talking to your baby from day one will help the two of you get to know each other. It gives your baby a great start in life.

