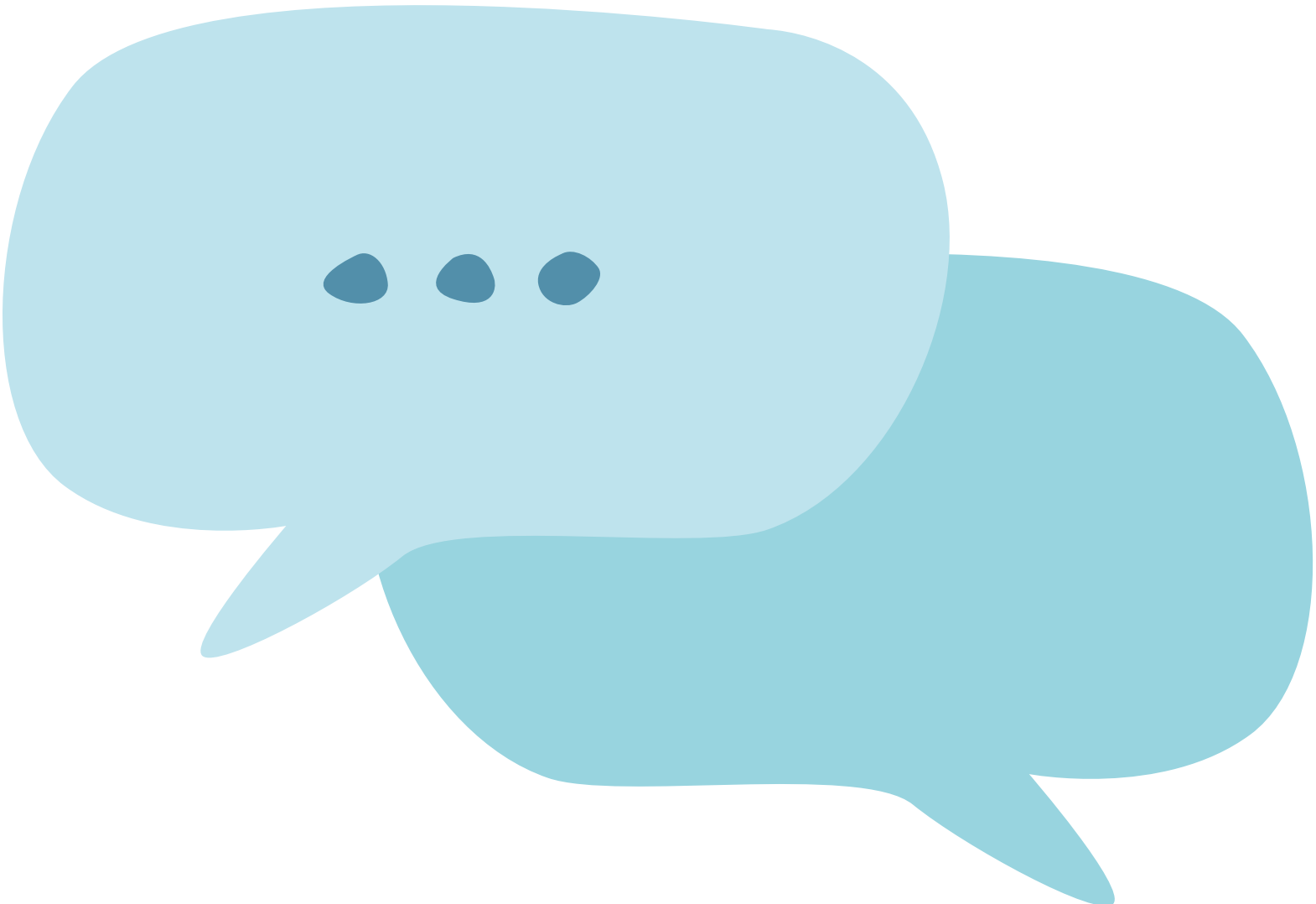


Two light blue speech bubbles, one above the other, with three dots inside the top bubble.

TALK at Home

Ideas and activities to support your baby's speech,
language and communication

A blue scalloped-edge shape, resembling a flower or a cloud, containing the word "Babies".

Babies



Welcome!

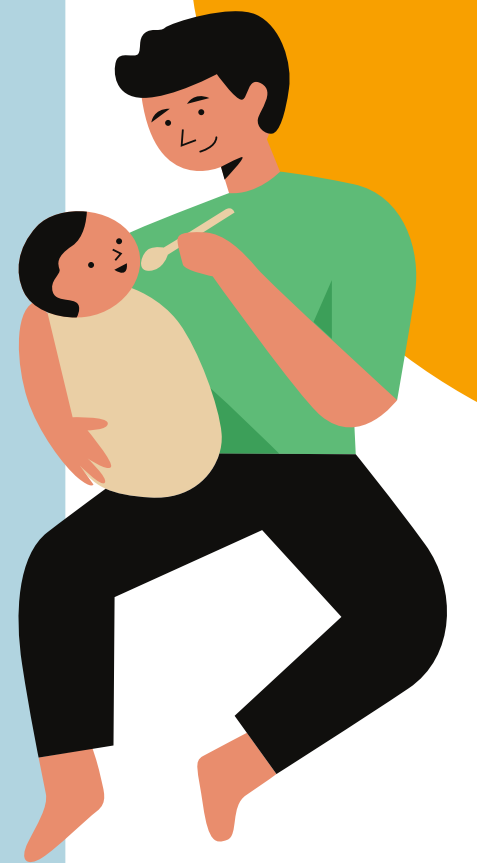
Good communication and language skills lead to happy, confident children who are good talkers.

Good talkers make GREAT learners.

The best thing is, you don't have to do or buy anything special to help develop their language and communication skills. All they really need is **YOU!**

Every time you talk to your child, it builds connections in their brain.

The more you talk, the stronger these connections grow, and the easier they'll find it to **think, talk and learn.**



**GET TALKING,
KEEP TALKING
AND TALK
SOME MORE!**

This pack has lots of ideas to add even more talking into you and your baby's daily routine.

Even just 5 minutes spent on one of these activities is enough to make a big difference.

BABIES



For children to learn words, they need to hear them **lots of times**.

Language development happens long before your baby says their first words - any interactions that involve lots of turn taking support your baby's brain development.

Face to face interaction, talk, singing, experiences, attention, someone to play with, commenting - these all help brain development for the rest of a baby's life.



"Weeeeee, you're flying!"

Everyday activities like talking while you change them will help them to make sense of the world.

Everyday talk



To support your child's communication, you don't need special toys. You can use household items!

Play with the water at bath time. You can use lots of words like 'splash', 'trickle', 'bubbles', 'plop' and 'clean' to let them hear lots of different words.

Bring stories to life by making a sock puppet - just draw or stick a face on to a sock, put on a funny voice and see how your baby responds!

Sit face to face with your baby. Babies love looking at faces! Talk about the parts of your face - remember that your face is one of the best touchy-feely toys in the house!



Play at home



Everyday things around the home can count as play. Your baby will love discovering new textures, sounds and colours. Playing with bits and bobs around the home can be a great talking opportunity too - comment on what your baby is doing and looking at so they can hear lots and lots of words.

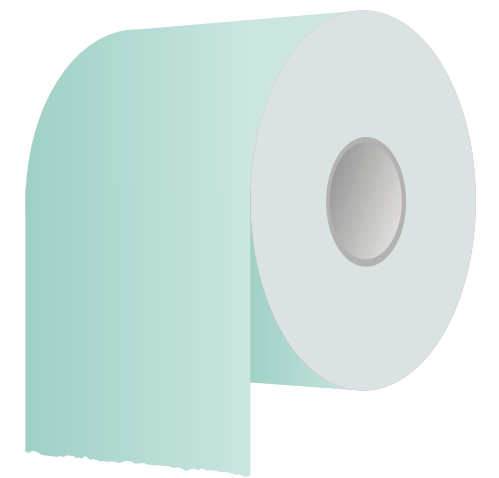
Some items you could use...



The laundry basket - it could be anything! A boat, a plane, a place to sit and watch you do the laundry!



A colander is lots of fun to play with in the bath - babies love playing with water.



An empty toilet roll tube

A pan and wooden spoon to make lots of noise (great for gross motor skills too)



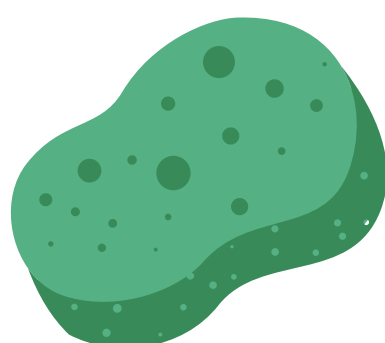
Babies love to crinkle wrapping paper



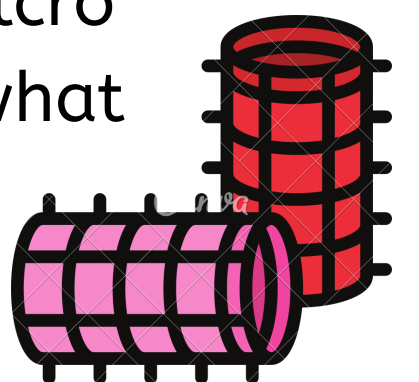
A big set of keys



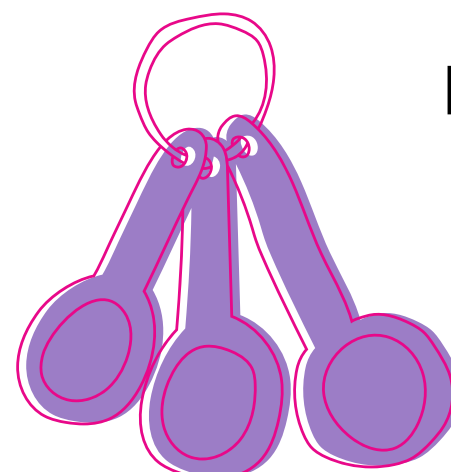
Sponge - good for babies to feel different textures



Play with some velcro hair rollers - see what they stick to!



You could pop all of these things in a bag or a box to get out at playtime!



Linked measuring spoons to jangle together

Baby games

PEEKABOO: this game teaches babies that things stick around even when they can't see them (did you know that this is called *object permanence*?). So peekaboo not only makes babies laugh, but it is also really good for their brain development.



READY, STEADY... GO!: these games are great for building your baby's attention and listening skills. Build their excitement for things like blowing a raspberry, rolling a ball or playing with a wind up toy. Say 'ready, steady...' and before you say 'go!', wait for your baby to make a noise or gesture to show they are ready.

MIRROR PLAY: for your baby, looking in the mirror is play! It's an opportunity to talk, laugh, and enjoy some time together. It can help to develop your baby's self-awareness too.

Remember, when you see your baby wiggle, smile or make a noise, that's communication!

For more activity ideas, have a look at Tiny Happy People:
<https://www.bbc.co.uk/tiny-happy-people>

Sing-a-long



Nursery rhymes will introduce new vocabulary and help your baby's social skills!

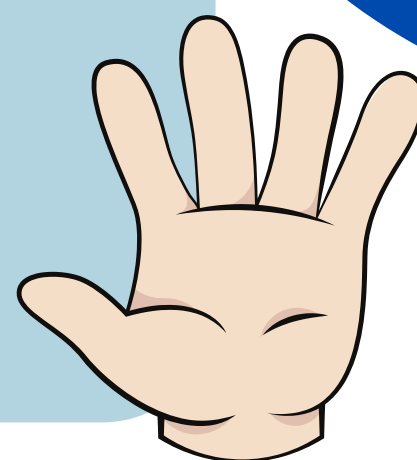
ROUND AND ROUND THE GARDEN:

this is a great nursery rhyme to sing with your little one to develop joint attention (both of you enjoying the same thing and focusing on each other).

Click [here](#) or search 'Mr Tumble Round and Round the Garden' to listen to the song.

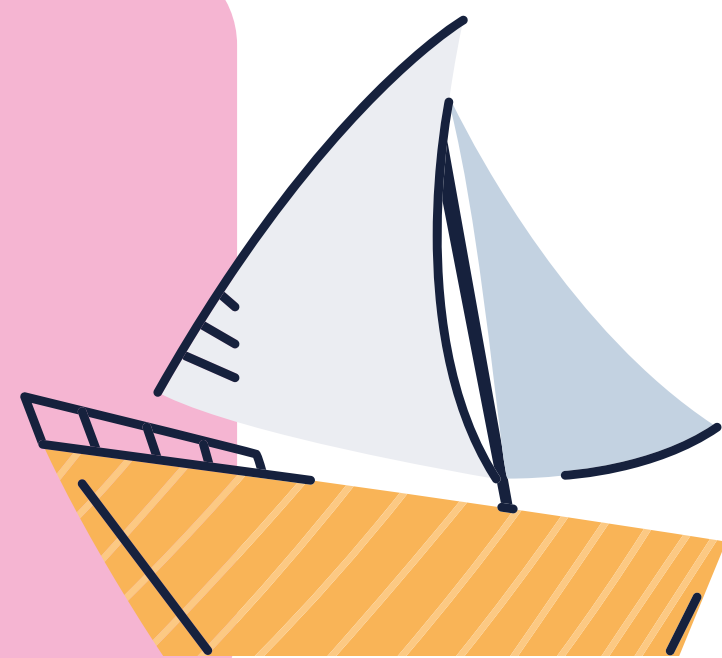
Did you know?

Singing helps with talking and talking helps with learning.



ROW ROW ROW YOUR BOAT: babies love this rhyme!

Click [here](#) or search 'BBC Radio EYFS' to listen to the song.



To listen to lots more nursery rhymes with your baby, click [here](#) or search 'BBC Radio EYFS Nursery Rhymes'.

Talk on a walk!

To help their communication development, your baby needs to hear lots of words. So, a walk, with lots of new things to see, hear and smell, is the perfect opportunity for new vocabulary.



Talking about what you're seeing while on a walk can be really helpful for your baby. Pause and give your baby chance to respond - a response can be as simple as looking at you, making a noise or smiling.

You could talk about...



The trees

The sound of the cars

The people you see

The weather!

Talk about whatever your baby is looking at or is interested in!

Even if you talk just a *bit* more on your walk, you'll be doing great things for your child's communication!

Responding to your baby

It's really great for your baby when you **respond** to what they're **interested** in and how they're **feeling**. You can say what they would if they could!

When you make a comment to your baby that *accurately* sums up how they're feeling **at that time**, that's great! You're **tuning in** to your baby which will support their talking as well as their brain development.

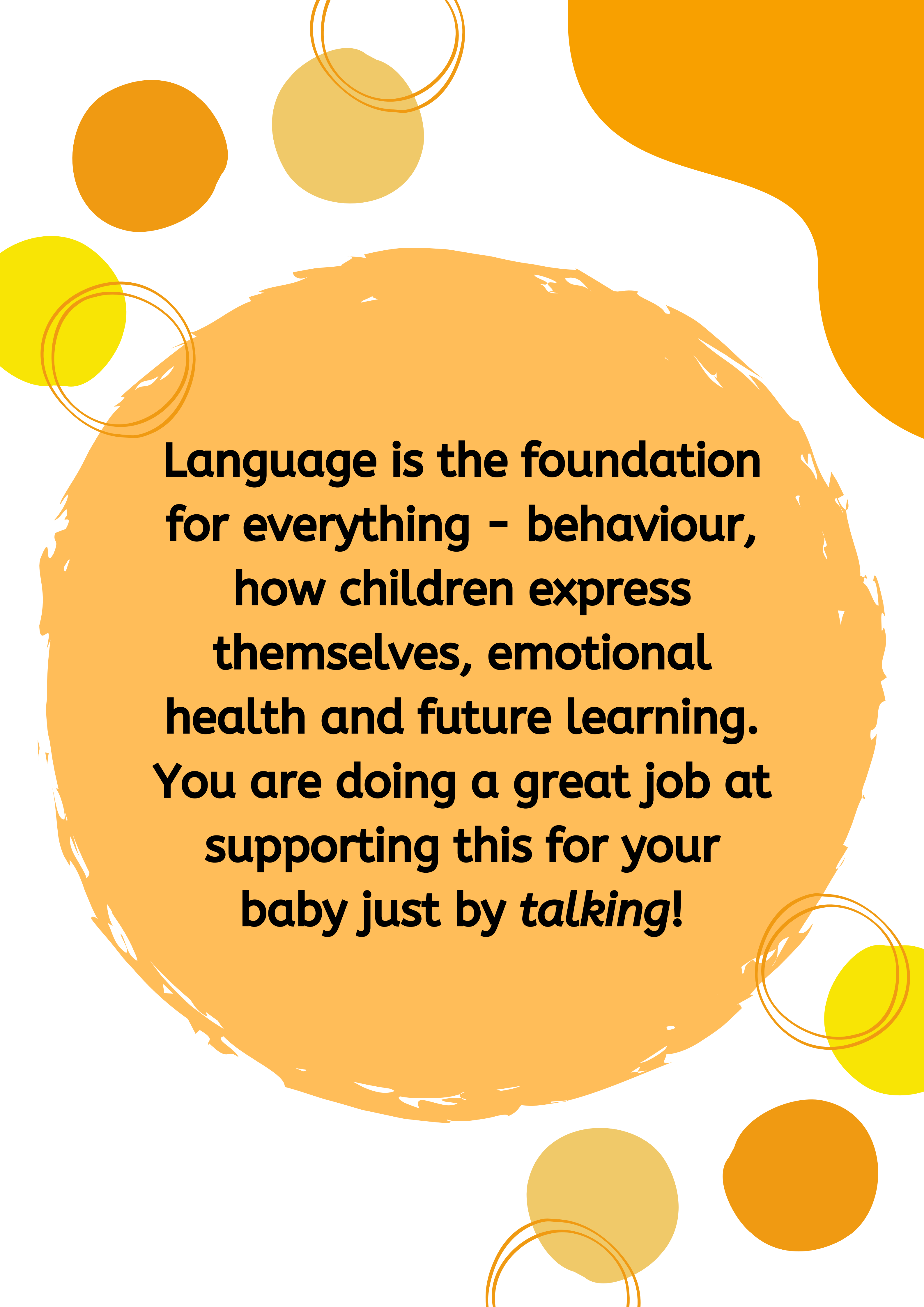


So, if your baby was reaching for a teddy, you might say...

"Oh you want the teddy!"

If your baby was looking away or restless, you might say...

"I can see you're getting a bit bored with that toy."



**Language is the foundation
for everything – behaviour,
how children express
themselves, emotional
health and future learning.
You are doing a great job at
supporting this for your
baby just by *talking!***

TOP TIPS

To give your baby a great start on their language journey, think
FAST CARS



F

Face to face

When you are face to face with your child, it shows you are listening and ready to interact.

A

Attention

Make sure you have your child's attention. Try saying their name first to gain their attention.

S

See what interests them

Follow your child's lead as they show you what they are interested in.

T

Time to respond

Children need time to put their thoughts together before they respond, so give them time.

C

Comment

Make comments and reduce the number of questions you ask, as comments lead to more talking.

A

Add to what they try and say

Build on what your child tries to say or babbles by adding a bit on (e.g. they say bababa, you say bababa mamama)

R

Repeat

Children need to hear new words lots of times in different situations, so repeat, repeat, repeat!

S

Say it back to them

If your baby looks at something with interest, model the word for them (e.g. they point to a car, you say "car!")

TALK bingo!

TALK!
Halton

Tick off the following activities together when you've had a go with your baby!

Shared a
story
together

Sang a
nursery
rhyme

Gone for a
walk and
talked
about what
we saw

Played a 5
minute
game
together

Played
with a
household
object

Sat face to
face

Repeated
words
throughout
the day

Played a
'ready
steady...go'
game

Commented
on
something
my baby is
interested in

If you have done any of these things with your baby, you have really helped to develop their communication skills!

Want more ideas to up your talking time?

Check out Tiny Happy People:

<https://www.bbc.co.uk/tiny-happy-people>

You can also find them on Facebook and Instagram.

