

I want to help my child with their talking. Can you tell me one thing I can try to help me get started?

Be face to face



Why?

- Your child can see you are interested and make a connection with you
- Your child will be able to see you mouth and facial expressions which will help them with talking



What can I do?

- Get down to your child's level. Crouch down, sit or lie on the floor so you are face to face.
- Make sure your child can look into your eyes/ at your face easily
- Now watch ... how is your child communicating? By pointing, making a sound or saying a word.

Everyday opportunities

- Think about how much time you and your child spend together everyday such as bathtime, mealtimes, nappy change, looking at books, playing, outdoors, in the pram etc. Use all of these everyday opportunities to get face to face with your child. Talk to them about what they are doing, interested in or looking at.
- **Anytime** is a great time to get face to face with your child!
- This is the first step to creating the opportunities for you to help your child move on with their talking.

When you are standing with your child, think about how far your face is away from theirs. Now crouch down. How much easier is it to see your child's face?

