

# Love to talk

by Blackpool Teaching Hospitals - Friday, July 18, 2014

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Learning to talk does not 'just happen' - your baby needs your help now!

You can help your baby learn to talk by:

- Looking at each other on the same level.
- Waiting for your baby to say or do something.
- Watching what your baby is interested in.
- Copying any sounds or actions your baby makes.
- Calling your baby by their name and make sure they are listening.
- Taking turns with a sound, word or body movement.
- Talking with a 'sing song' voice.
- Saying everyday words.
- Speaking in short simple sentences.
- Turning off the TV.
- Having fun together but looking for signals that your baby has had enough, like turning away.

## Keep Talking

Use everyday routines to talk and make actions about what you are doing and seeing, for example:

Feeding time - 'drink milk'

- Nappy time - 'kick legs'
- Bath time - 'wash hair'
- Dressing time - 'sock off'
- Shopping - 'more juice'
- Out for a walk 'bye dog'
- Playing - 'brick gone'

Baby talk and babble time:

From about 4 months your baby learns to make more sounds:

'oo-ee-ow'    'ma-ma'    'ta-ta'    'na-na'    'ba-ba'

This is how your baby learns to develop different sounds into words.

### Keep Smiling

Keep singing. Your baby will learn new words by listening to you and joining in with singing Nursery Rhymes. Make the actions too!

Nursery Rhymes to try:

- Incy Wincy Spider
- Twinkle Twinkle Little Star
- Row, Row, Row Your Boat
- Old Macdonald had a Farm
- The Wheels on the Bus
- Wind the Bobbin Up
- Round and Round the Garden

Your baby will enjoy the actions and excitement of waiting for a tickle and will love it if you repeat the songs over and over again.

### Other Helpful Hints:

- Your baby will love books - join a library.
- Visit your local Children's Centre to see what activities they have on offer, such as baby massage.

Children learn new skills when they are ready. however, if you have any concerns or would like some advice about your baby's talking and listening skills then contact your family Health Visitor or the SureStart Speech and Language Therapist.

By helping your child to learn, to listen and talk you are giving them the best possible start in life and this will help them to learn, read and write at school.

For further information visit [www.talkingpoint.org.uk](http://www.talkingpoint.org.uk)