

Babble Back parent leaflet

Talking time is any time!

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BabbleBack

Ideas to help you give your child the best start in learning to talk and listen

The more you talk to your baby and child, the more you enable them to become a good talker and a confident, happy child.



1 Walking

- talk about what's around you
- stop and look at what your child is interested in
- listen to and talk about the sounds around you
- look at the words and numbers in the environment



3 In the car

- sing songs and rhymes
- Talk about the things you can see
- spot colours and objects out the window
- play I-spy



2 At the shops or supermarket

- talk about what you see on the way to the shops
- talk about what you are doing
- talk about what your child is looking at e.g. red peppers, the lights, the colours etc
- let your child help you shop



4 Watching television

- watch television together
- talk about what is happening
- sit together and cuddle up



5 Meal times

- talk to your baby whilst feeding
- share family meal times as often as possible
- let everyone have a go at talking about their day
- let children help you prepare the food or set the table



6 Daily routines

- Talk with your child while you help get dressed or undressed e.g. "socks off!" "arms in!"
- Give you child choices e.g. "do you want blue shorts or red shorts?"
- Talk or sing rhymes whilst your child is in the bath e.g. "washing your tummy!" "washing your knees!"
- Children love to help do the housework. Talking about what you are doing will help them learn e.g. when you're loading the washing machine "1-shirt in!" "Tom's socks!" and "mummy's socks!"



- look at your baby/child as you talk and give them time to respond

Top Tips

- follow the child's lead
- make sure you use lots of comments and fewer questions
- give choices to increase vocabulary e.g. 'sausage' s or apples
- use daily routines to repeat and emphasise basic language
- listen carefully and give your child time to finish
- if your child says something incorrectly, say it back the right way e.g. "Goggy bited it." "Yes, the dog bit it, didn't he."
- look at your baby/child as you talk and give them time to respond

Signposting
For further information about how to help your child's speech, language and communication development go to...

- www.talktoyourbaby.org.uk (information available in a variety of languages)
- www.talkingpoint.org.uk
- www.leics.gov.uk/family
- www.leics.gov.uk/libraries

Visit your local Children's Centre to access more information on groups and services available for parents/carers and children.

For any specific concerns in relation to any aspects of your child's development, contact your local GP and/or Health Visitor.

