

# Babble Back parent leaflet

Turn off the TV... and talk to me!



**Don't let the TV... get in the way of you and me!**

- 1 I don't need the TV.... it over-stimulates my brain and doesn't help my listening and conversation skills.
- 2 I would much rather you and I get to know each other... by going on walks and talking to me about what's happening in the world.
- 3 I love to hear your voice.. I feel secure and loved.
- 4 I don't need a TV in my bedroom... I would prefer you to sing songs or read a story to help me relax and go to sleep.
- 5 I love it when we can watch TV together... and you can ask me some questions and explain what's going on - you can teach me so much!
- 6 I need you to choose my TV time carefully... only turn it on for my favourite programme and please switch it off afterwards.

## BabbleBack

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



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### Signposting

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

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

### Key messages:

- join in with your child's play or mirror their actions
- try to have a conversation with your child every day
- build up your child's sentences by repeating what they say and adding words
- have fun together with songs and rhymes

### so please:

- talk with me
- read to me
- play with me
- sing to me
- enjoy me