



10 tips to help me learn to talk



For further advice and information, please contact your health visitor or visit this website:

www.gov.wales/talkwithme

This booklet has been produced with Speech and Language Therapists from Aneurin Bevan University Health Board and Aneurin Bevan Gwent Public Health Team.

The original design concept was developed by Scarlet Design International Ltd (www.scarletdesign.com) and the illustrations seen within this booklet were developed by Laura Wood (www.laurawoodillustration.com).

Parents from various groups have contributed to the development of the booklet. These groups include:

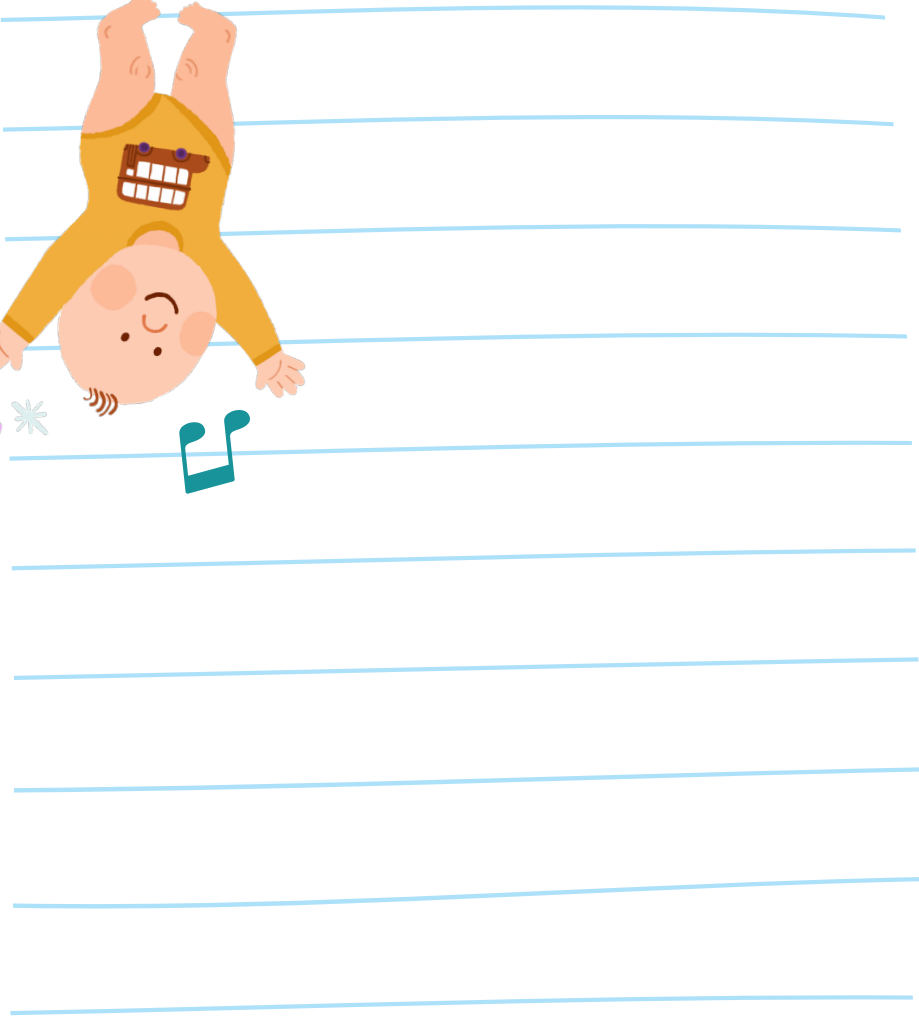
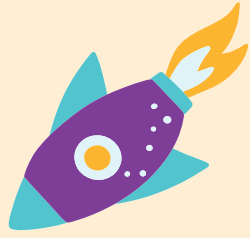
Cefn Golau Flying Start Centre (Blaenau Gwent), Grwp Babi Ioga - Cymraeg i Blant (Blaenau Gwent), Caerphilly Parent Network, Acorn Flying Start Centre (Monmouthshire), Seebreeze Flying Start Centre (Newport), Ti a Fi (Torfaen).



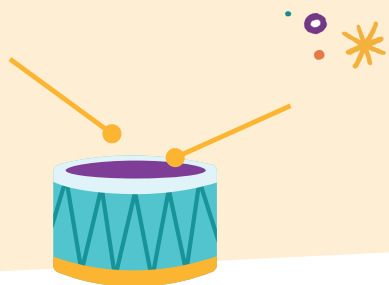
More about this booklet



Learning to talk is one of the most important skills that children develop. When adults talk with children, they help their brain to grow, giving them the best start in life. Playing, listening, and chatting with children can help them learn to talk. This will mean they can make friends more easily and help them to feel happier. This booklet has been developed for parents and carers to share with their children. It aims to support all parents and carers to help their child learn to talk from the very beginning.

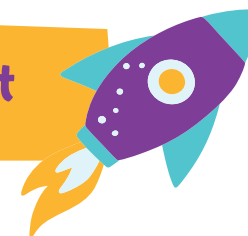


Ideas to try



Handwriting practice lines consisting of ten horizontal blue lines. A small illustration of a baby in a yellow outfit is positioned on the left side, and two puzzle pieces (one yellow, one purple) are at the bottom right.

How to use this booklet



These purple speech bubbles will tell you more about how children learn to talk and what you can do to help.



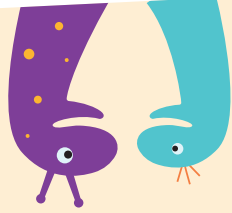
Look out for these green boxes. They will give you ideas of simple activities to do with your child to help them learn to talk.



1 Start talking to me before I am born

- I can hear sounds from 24 weeks of pregnancy.
- I love to hear you talk and sing to me before I am born.
- After I'm born, I soon recognise voices that I heard in the womb.

"Sing songs to me from when I'm a bump!"



10 I love to talk with everyone!

- I like looking at faces and listening to people talking with me.
- It's easier for me to talk and babble without a bottle or dummy.
- I love to talk with my friends, family, pets and toys!

"Have a picnic with my favourite people and talk about the food we like."



9

Add a word to what you have heard me say



- I learn from you, so let's take turns talking together.
- When I am learning to talk, remember to praise me, even if it sounds like I'm babbling.
- Tell me what I have said and add another word, so I know what to say next time.



'Tar.'

'Yes, it's a car, a BIG car.'

"When I try to say something, say the right words back to me and add another word."



2

I can learn our language and culture from you



- I can learn any language from birth.
- I can learn more than one language at the same time. You can learn with me.
 - Talk with me in the language you know best.



'Niemowle.'

'Baby.'

"Look at a Welsh story with me."



3 Our best place is face to face

- Before I can talk, I tell you how I feel through eye contact, smiling, gurgling, and crying.
- When we are face to face, you can see what I'm interested in and what I'm trying to tell you.
- I like looking at you when we're talking together.

"Talk with me at mealtimes about the food we're eating."

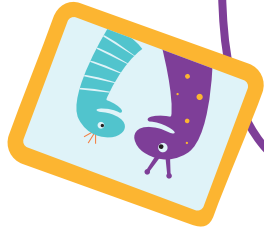
"Mmm! Banana, you like eating banana!"



8 Let's turn 'screen time' into 'you and me time'!

- I can't listen to two things at once, it's easier for me to learn if TVs and screens are turned off.
- Our talking time is special, so please focus on me not your phone.
- Talk with me about what we can see, if we are watching a screen.

"Use my toys to play along as we sing a song."



7

Talk with me about what we can see



- If I hear the same words again and again, it helps me to remember them.
- Tell me what I can see around me, even before I can talk.
- Give me time to join in, then copy my words back to me.



"Point at what we can see and say the name for me."



4

Sing me a rhyme at any time



- If I know lots of songs and rhymes, I will learn to read more easily.
- I like to hear the same songs and rhymes again and again.
- When we are singing, I like joining in with actions and words with you.

Heads, shoulders...



knees and toes...



"Find a rhyme that makes me smile and join in with the actions."



5

Let's talk and play every day

- Talk with me when we are playing and I will learn new words.
- I enjoy playing with you. If I choose the game, I may play for longer.
- Meal times, nappy time and bath time, anytime is 'talk and play' time.

"Sit teddy with us at meal time and talk to him too!"



6

Let's look at books together

- Talking about the pictures in books helps me to learn new words.
- I can't read yet, but I love listening and joining in when we look at books together.
- I like it when you use funny voices and faces to tell me the story.

"Find books with big pictures and talk with me about what we can see."



ball!