

**National
Literacy
Trust**

Change your story

Perfect for
families with
babies aged
0-9 months.



Their story starts with you

Talking and listening to your baby helps build their communication skills from the very start.

Use the tips on these cards to make the most of everyday little moments together.

In partnership with

**Better
Health** Start
for Life



Getting dressed

When you dress your baby, describing what's happening helps them begin to recognise words.

Tips for chatting when getting dressed

Talk about what you're doing.

*"Let's get you dressed,
nappy first."*

Talk about the clothes
you're putting on.

*"You're wearing a fluffy
jumper today."*

Repeat the same words daily.

*"One arm in your coat, two
arms in your coat."*





Mealtimes

When you're feeding your baby, chatting or singing will help them begin to understand what words mean.

Tips for chatting at mealtimes

Describe what's happening.

"You're having your milk now."

Sing a gentle nursery rhyme or song.

Sing a song you or your baby like, or make one up!

Talk about what will happen next.

"After your milk, we'll go for a walk."





At home

By chatting to your baby about what you are doing around the house, they will become familiar with the words you use.

Tips for chatting at home

Describe what you're doing.

"Daddy's wiping the table clean."

Talk about what they're doing and respond to the sounds they make.

*"I see you smiling,
da-da-da."*

Talk about familiar noises and sounds.

"Can you hear the washing machine? Swish swish!"





Out and about

While you are out and about, talking about the things you notice will help your baby learn new words.

Tips for chatting when out and about

Talk about what you see.

*“Look at the black cat!
It’s hiding under there.”*

Talk about the things
they notice.

*“You’re looking at the
flowers. Let’s have a
closer look.”*

Use your senses to prompt
conversations.

*“Can you hear the car?
Brum, brum.”*





Bathtime

When you bath your baby, copying the sounds they make encourages them to communicate.

Tips for chatting at bathtime

Describe the sounds the water makes.

*“Are you splashing?
Splash splash!”*

Talk about what you’re doing.

*“I’m going to wash your
tummy now.”*

Respond to and repeat the noises your baby makes.

Child: “Eeeee ...ba, ba, ba.”

*Adult: “Ba, ba, ba, are you
talking to me?”*





Bedtime

When you chat, share stories, and sing together, you introduce your baby to new words.

Tips for chatting at bedtime

Notice which part of the book they look at or touch.

“Yes, that’s a car.”

Try singing a nursery rhyme or lullaby.

“Twinkle, twinkle little star...”

Chat about what’s happened during the day.

“We saw a snail on our walk today.”



Here are some tips to help your baby communicate:

- Have a 'conversation' with your baby by responding to the babbles, noises, facial expressions and movements they make. Remember to pause and give them time to respond when you have finished speaking.
- Try to notice what they point to and look at, and talk about those things.
- Find regular opportunities to talk, sing and play throughout the day.
- **When you make the most of little moments together, you are helping to build their communication skills from the very start.**

This product is not a toy.

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For more activities, please visit [wordsforlife.org.uk](https://www.wordsforlife.org.uk)

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