



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





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."





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."





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!"





Tips for chatting when out and about

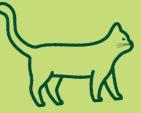
Talk about what you see.

"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."





Tips for chatting at bathtime

Describe the sounds the water makes.

"Are you splashing? Splash splosh!"

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?"





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.

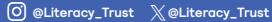
"We saw a snail on our walk today."



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.

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