



Talk To Your Baby

Talk To Your Baby Quiz

1. When should you start talking to babies?

- a) From the moment they are born
- b) After six weeks
- c) When they smile at you

ANSWER

2. When does the majority of brain development occur in children?

- a) In the first four weeks
- b) From birth to age two
- c) When they start school

ANSWER

3. When do babies start to communicate?

- a) Before they start talking
- b) After they start talking
- c) As soon as they've said their first word

ANSWER

4. You need to be an expert to help children develop good communication skills. True or False?

ANSWER

5. If a young child says something incorrectly, what should you do?

- a) Nod in agreement
- b) Say it back the right way
- c) Write down the correct word

ANSWER

6. Is it ok for young children to watch television?

- a) Never
- b) As often as they like
- c) For limited periods

ANSWER

7. When should you talk to children?

- a) At a set time each day
- b) At any time
- c) Before feeding

ANSWER

8. It is important to listen to babies and to respond to them when they speak, babble or smile at you. True or False?

ANSWER

9. Why is responding to babies good for them?

- a) It motivates them to keep talking
- b) It is good manners
- c) It develops their listening

ANSWER

10. Why is talking to babies good for them?

- a) It stops them from crying
- b) It distracts them
- c) It helps develop their communication and social skills

ANSWER



Talk To Your Baby

Talk To Your Baby is a campaign run by the National Literacy Trust to encourage parents and carers to communicate more with children. For more information visit www.talktoyourbaby.org.uk or call 020 7587 1842.

Talk To Your Baby

It will make a difference

Talking and listening to children from the moment they're born helps them develop good language and communication skills. This enables them to listen and express themselves well. It also helps them to learn and develop good relationships.

Most brain development occurs from birth to age two, so babies and toddlers need stimulation as much as they need nourishing food. The best way to stimulate babies' brains is to talk to them more.

Talking and listening to your child will benefit you both. Your child will feel valued and loved, and the two of you will form a close bond with each other.

You don't need to be an expert to help your child develop good communication skills. All you need is a listening ear and the willingness to chat to your child whenever you can.

When do I start?

It's never too early to start talking to your child. Babies can communicate before they start talking and want to interact with people, especially family. By moving their mouth or limbs, cooing, babbling or smiling, your baby is sharing experiences with you and looking for a response. Whenever possible, try to respond by making eye-contact, smiling and talking back.

Toddlers will use some words to communicate with you, but they understand far more than they can say. By talking and listening to them you will motivate them to keep talking, which will improve their language skills.



* Basic Skills Agency, Wales.



Talk about what you and your child are doing throughout the day

Talking to your child can fit easily into your daily routine. Talk about the things you see when you're on the bus or walking to the shops. Chat to your baby during bath time, or recite a nursery rhyme while changing their nappy.

The supermarket is a good place to talk to your toddler and introduce new words, as your child is sitting in the trolley facing you. Gain their attention and then describe some of the items as you put them in the trolley.

Try not to ask your child too many questions. Instead, tell them about things, especially the things they show an interest in, like a favourite toy.



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Talking tips

Help your child develop good language and communication skills with these tips.

1. Talk to your child when you're playing together.
2. Have fun with nursery rhymes and songs, especially those with actions.
3. Encourage your child to listen to different sounds, such as cars and animals. This will help your child's listening skills.
4. Gain your child's attention when you want to talk.
5. Increase vocabulary by giving choices, e.g. "Do you want juice or milk?"
6. Talk about things as they happen, e.g. when you're both unpacking the shopping.
7. Listen carefully and give your child time to finish talking. Take turns to speak.
8. Always respond in some way when your child says something.
9. Help your child to use more words by adding to what they've said, e.g. if they said "ball" you might say, "Yes, a red ball."
10. 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?"
11. Try and have special time with your child each day to play with toys and picture books.
12. Limit TV time. Try to watch TV together so you can talk about what happens.

Based on the leaflet *Help Your Child To Talk*, Royal College of Speech and Language Therapists, 2002.

Talk To Your Baby is a campaign run by the National Literacy Trust to encourage parents and carers to communicate more with children from birth. For more information call 020 7587 1842 or visit www.talktoyourbaby.org.uk



Talking to your baby matters

1. It will help your child learn to talk, as it is from listening to your voice that babies learn to use language.
2. It will stimulate your baby's brain, helping to strengthen the connections that make learning possible.
3. It will help your child become a good reader and writer, because language skills form the foundation for literacy.
4. It will help your child develop social skills and good relationships.
5. It will show that you love and respect your child, enhancing self-esteem.
6. It will help the two of you form a close bond - communication is the basis of your relationship with each other.



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Answer Sheet

1. a – From the moment they are born.

They will recognise the mother's voice – and probably the father's – from inside the womb. In fact, the really truthful answer is to sing and speak to the baby before birth: talk to your bump.

Following birth, you should be sure to make eye contact and smile!

2. b – From birth to age two.

It's estimated that we are born with 20% of our brain capacity, but before our third birthday it is up to 80%.

3. a – Before they start talking.

Communication is more than just words: it is also gesture, eye contact, body language, touch, music, smiles. Babies can understand long before they can talk.

4. False.

Communication is a two-way exchange – you smile, she smiles; you sing, she opens her mouth wide; she babbles and you respond; This is the start of conversation.

5. b – Say it back the right way.

Say it back the right way, and extend it. He points and says 'ay aw' and you say 'yes, it's your ball, isn't it? Your lovely big green ball'.

6. c – For limited periods.

Yes, but watch television with her so that you can talk about it: Nobody learns words by passively watching TV, so limit the time the television is on and use the time to play.

7. b – At any time.

Talking can happen at any time but don't keep up a running commentary, as young minds need time to process what they are hearing and also need space to babble themselves.

8. True.

Conversation is a two-way process. You speak, leave space, hear a babble or see some pointing, and then you respond. It's what you would do with a talking child, so start the habit now.

9. a, b and c.

It is all these things: by responding you are showing respect for what they are trying to say and encouraging them to stay engaged with you whilst you carry on your conversation.

10. c – It helps develop their communication and social skills.

It is the most important start to their later learning, plus it helps social and emotional development. It can't be guaranteed but it's also likely to discourage crying. If you can get what you want by pointing or speaking you won't need to cry to get attention.