

Talk To Your Baby (TTYB) resources linked to Healthy Child Programme

TTYB downloadable resources can be used to help support delivery of early years communication elements of the Healthy Child Programme in the first three years. The downloads can be given to parents as part of a wider discussion about a child's language development and the importance of talking to children from birth.



Outlined below are suggestions as to how different resources can be used within the Healthy Child Programme. However, this list is by no means exhaustive. You might find different ways of using our resource, or they may be useful at different stages that are more suited to your needs and work plan.



Healthy Child Programme

Healthy Child Programme schedule: Pregnancy, universal, up to 28 weeks

“Preparation for parenthood

...the parent-infant relationship”

TTYB Resources:

TTYB Quiz – A fact sheet and quiz to raise awareness and understanding of the benefits of early years communication. This is a good way to introduce the topic and get parents thinking about their own understanding of early years communication. It might be helpful to talk through key points with parents from the leaflet included in the quiz and particularly emphasise the importance of early communication to help brain development in the first three years of life.

Healthy Child Programme schedule: Birth to one week, universal

“Promoting sensitive parenting

...introduce parents to the ‘social baby’ by providing them with information about the sensory and perceptual capabilities of their baby using a range of media”



TTYB Resources:

Say hello to your new baby and **Talk to your baby in your own language** – Part of the *Quick tips* series for parents on how to help young children develop good talking and listening skills. There are six other topics and they are available in 12 languages.

Talk To Me – Written from the point of view of a baby, for young parents, this leaflet shows how babies love to interact and communicate. *Talk To Me* was created following feedback that young people might respond well to material written from a baby's perspective.

TTYB poster – An A4 colour poster/flyer promoting the benefits of communicating with young children. This is useful as a handout if a more visual resource with less text is required.

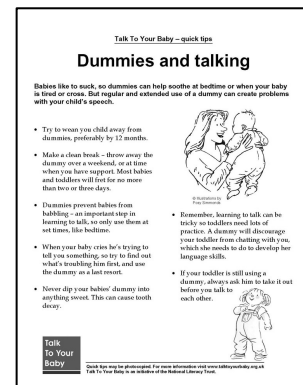
Healthy Child Programme: one to six weeks, universal
 “Promoting sensitive parenting development

- ...Introduce both parents to the ‘social baby’ by providing them with information about the sensory and perceptual capabilities of their baby using media-based tools
 - ...Promote closeness and sensitive, attuned parenting...
 - ...Temperament-based anticipatory guidance and listening to parents’ concerns.
- Examples of topics that parents may wish to discuss include: interacting with baby (e.g. songs, music, books)...

TTYB Resources:

Quick tips – remaining six topics on dummies, TV, talking with your baby, songs and rhymes, books and playing. These are available in 12 languages bilingually.

Communicating Dads – A resource with ideas and tips on supporting dads in talking and communicating with their children. Provide handout for dads within pack and quiz if not already done previously.



Healthy Child Programme: six weeks to six months, universal
 “Promoting development

- ...Encourage to use books, music and interactive activities to promote development and parent-baby relationship”



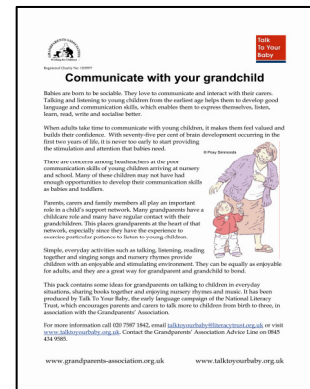
TTYB Resources:

Playing and talking – A guide outlining the benefits of play and offering tips for parents and carers.

Share books and talk together – A toolkit to encourage communication between carers/parents and young children through book sharing. Includes a handout for parents and reading and talking activity ideas.

Communicate through music – An activity pack to help share the joys and communication benefits of musical activities. Includes a flyer/poster, a survey and musical activities.

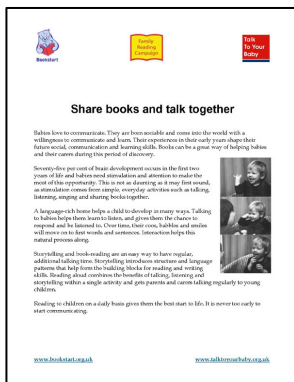
Communicate with your grandchild – A pack for grandparents with ideas on talking to children in everyday situations, sharing books together and enjoying nursery rhymes and music. Can be given to parents to pass onto grandparents.



Healthy Child Programme schedule: six months to one year
Promoting development

“...Book sharing and invitations to groups for songs, music and interactive activities (e.g. PEEP using the Early Learning Partnership Model, early years librarians or Bookstart).”

Around seven to nine months
Distribution of Bookstart pack for babies



TTYB Resources:

Baby's first word - A toolkit for collecting babies' first words to celebrate and promote early communication. Includes a handout for parents, a poster, an information sheet, a sample press release and a reporting-back form.

Share books and talk together (if not already used) – A toolkit to encourage communication between parents/carers and young children through book sharing. Includes a handout for parents with reading and talking activity ideas.

Communicate through music (if not already used) – An activity pack to help share the joys and communication benefits of musical activities. Includes a flyer/poster, a survey and musical activities.

Healthy Child Programme schedule: One to three years, universal

Two to two-and-a-half-year health review

“...Review with the parents the child's social, emotional, behavioural and language development, with signposting to appropriate group-based parenting support (e.g. the Webster-Stratton Parenting programme).”

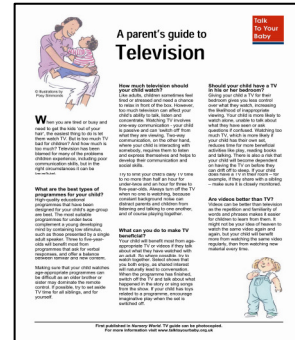
...Promote language development through book sharing and invitations to groups for songs, music and interactive activities (e.g. early years librarian, PEEP or Bookstart).”

TTYB Resources:

A Parent’s guide to television – A single-page sheet on how to make television beneficial for young children.

Babysitting activities – A sheet of activities to encourage interaction between babysitters and babies.

Share books and talk together, Communicate through music and Playing and talking – if not already used (see details above).



Other TTYB resources available

Talk To Your Baby – For parents and carers of children who are deaf – Advice and tips on communicating with children under three who are deaf.

Talk To Your Baby – For parents and carers of children with visual impairments – Advice and tips on communicating with children under three who have visual impairments.

Strengthening the bond – Advice for parents and caregivers of children under three who want to develop or enhance a bond with their child. Written in particular to help children who have not been able to have the best experiences in their first months of life.

