

Nursery rhymes to share with your child

the wheels on the bus go
round and round
round and round
round and round
the wheels on the bus go
round and round
all day long

the wipers on the bus go
swish swish swish
swish swish swish
swish swish swish...

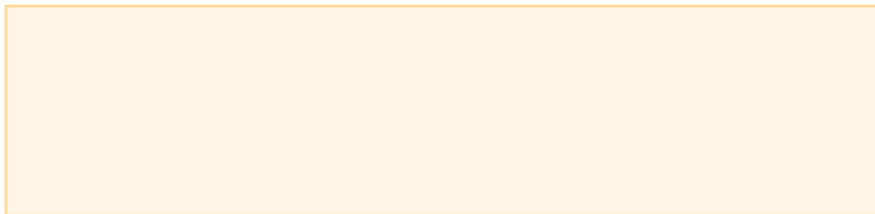
round and round the garden
like a teddy bear
one step...two step...
tickle you under there!

row row row your boat
gently down the stream
merrily merrily merrily merrily
life is but a dream

row row row your boat
gently down the stream
if you see a crocodile
don't forget to scream!



You can discuss any concerns about communication with your GP or Health Visitor, who can tell you about local groups e.g. parent / carer toddler and post-natal groups. Your local Speech and Language Therapist is based at:



Useful websites: www.rcslt.org
www.talkingpoint.org.uk
www.leedscommunityhealthcare.nhs.uk/cslt/

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early talk



how to **encourage** your child
to **communicate**

It's never too early to start talking to your baby

Babies like to:



listen
to voices

communicate

learn
to make
sounds

learn
to take
turns

make
sense
of their
world

understand
words

All these things are building blocks for talking



Talk to your baby and copy any sounds your baby makes, like a pretend conversation.

Give your baby enough time to respond to you.

noises
(babbling)

body
language

facial
expression

crying

eye
movement

gestures
(pointing)

Babies communicate in many ways before they use words.

how to help



make sure your child can see your face when you are talking to them

make time to play with your child - turn off the TV and radio and talk together



listen to the sounds your child makes and respond - have 'pretend conversations'

make sure you are on the same level as your child, e.g. if they are playing on the floor, sit on the floor with them

talk to your child about the world around them - people, events, objects

speak in short sentences and use simple words - use lots of expression in the tone of your voice

give your child a chance to communicate - wait for their responses

give your child choices eg do you want the ball or the car? - he/she may not always respond but it is important they hear the words

follow your child's lead - join in with your child's play; watch to see what he/she is looking at and talk about that

listen together to everyday noises - phones, vacuum cleaners, aeroplanes, birds, sirens

have fun!

Ideas for play and talking time

sharing books

all babies enjoy picture books from birth - talk about what you see.

sing nursery rhymes and action songs together.

noisy toys

play with toys that make a noise, drums, music boxes, rattles. Take time to make noises, talk about the noises you make.

play peek-a-boo

games - take it in turns to say "boo!".



talking tips

Early words don't sound clear. When your child starts to talk, try not to correct their speech, just repeat the word correctly for them.

Early communication

Understanding

Expression

0-1 month

Shows interest in voices and faces by looking at you and changing their facial expression.

Cries when hungry, tired or uncomfortable.

3 months

May smile or go quiet at sound of carer's voice.

Begins to take turns at making noises e.g. cooing.

6 months

Turns head to familiar voices e.g. looks when Mummy's talking.

Squeals, laughs and starts to make different sounds e.g. "ma ma ma" or "ba ba ba".

9 months

May understand some familiar routines e.g. gets excited when they see their bottle or favourite toy.

More variation in babble eg "babebebaba" and uses early gestures e.g. puts arms up to be lifted or cuddled.

12 months

May understand some familiar words e.g. family names or favourite toys.

May copy and begin to use some first words e.g. "dada", "mama", "hiya" "bye" or "more".

(Please note: All ages given are approximate. All children develop at different rates)

Dummies

Using dummies can reduce the risk of cot death in babies up to 12 months, **BUT** after 1 year using dummies can lead to problems with their talking, teeth and even with their eating and drinking skills.