



Speech & language
therapy

Playing with your baby

Babies and toddlers learn about the world through play. As well as being fun it is important for their development including their language development.

As a parent you are your baby's best playmate. Try to spend time everyday playing with your baby.

Newborns respond well to physical play. Try some gentle tickling games, stroking their face or counting their fingers and toes.

Make lots of noises as you play e.g. "brmm brmm" as you push a car along. Your baby will hear lots of speech sounds as you do this. Listening to these sounds is fun.



You don't need lots of toys and gadgets to play with your baby. Sometimes simple toys provide the best fun. Just make sure they are safe.

As your baby grows they will start to explore things with their mouths. Make sure the items and toys that you give them are safe to do so.

As you play with your baby let them choose and follow their lead. Children learn better if they can choose what they want to play with.

Your baby will enjoy hearing repetitive nursery rhymes and songs over and over. They will also enjoy repetitive games such as peek-a-boo.

For more information on the Speech and Language Therapy Service (including how to request support from us) please see: <http://www.nhsborders.scot.nhs.uk/slt>
[Check out our Wee Talk Borders Facebook page](#) or you can call us on 01896 826710