



Speech & language
therapy

Talking with your baby

Talking to your baby matters. It teaches them how to communicate. They learn how to listen to language, understand it and how to use it. It will increase the bond you have with your baby. Talking to them stimulates their brains and improves their overall development. You don't need to be an expert, you just need to talk and listen to your baby.

- It's never too early to start, babies communicate from the minute they are born e.g. crying to indicate they are hungry.
- Respond to their babbling, gurgles and coos. Try copying the noises they make back to them.
- Look at your baby when you talk. Babies respond to your facial expressions and tone of voice.
- When chatting to them pause and give them time to react and respond to you.
- Chat about the things you are doing with them e.g. bathing, feeding or changing their nappy.
- Chat about things you see when out and about in the park, shops, on the bus etc.
- Have fun listening to and copying sounds around you e.g. of animals, cars, etc.
- Nursery rhymes and songs are fun, especially ones with actions
- Cuddle up and read stories to them, or chat about the pictures.
- Talk about things they might watch on T.V.
- Listen to them and their attempts to communicate before responding.
- If they say something incorrectly repeat it back to them correctly e.g. "a tat", "yes a cat".
- Comment on what they do as you play e.g. "roll the ball"
- Speak to them in your own language; it doesn't have to be English.



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