



Speech & language
therapy

Top tips for talking 0-3 months

As parents you play a very important part in how your baby develops. The way you talk and play with your baby can make a difference to how they develop and learn. Talking to your baby will also help develop their communicate skills.

Babies are all different so watch how your baby responds to you when you interact with them.

Children develop at different rates but typically at this stage they should be able to:

Smiling around 5-6 weeks old

Recognise familiar voices

Tell the difference between happy and sad expressions



Show an interest in your face

React to loud noises such as doors banging

Laughing at around 3 months

Making cooing noises at about 3 months

Babies are able to communicate long before they learn to talk. Your baby will communicate by looking, making noises, crying, facial expressions and different body movements. When you respond to these you teach your baby about communication which is really important.

Ideas to encourage communication:

- Stroking and cuddling your baby will stimulate their physical development and make them feel happy and secure.
- Singing nursery rhymes and chatting to your baby will help develop their listening skills and talking skills.
- Facial expressions will hold their attention and will often make them smile.
- Look through books together. Babies are drawn to black and white patterns and shapes and will enjoy looking at these while listening to your voice as you chat about what you can see.
- Try to spend some "quiet time" each day with your baby. Try to remove any distractions by turning the T.V or radio off. Giving your baby attention will help develop their listening and concentration skills.

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