



Speech & language  
therapy

## Top tips for talking 3-6 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.

At this stage babies are still interested in watching your faces and hearing voices, but they are beginning to show interest in their surroundings. They begin looking at toys and are becoming more interested in other people around them. Children develop at different rates but typically at this stage they should be able to:

Taking turns when making noises  
e.g. your baby makes a noise, you respond by saying something to them and then they make another noise.

Recognise familiar voices-people they hear frequently



Babbling making sounds  
such as "ba, ba, ba"

Making noises to get your attention

By 6 months responding to  
familiar words that you use with  
actions e.g. "no" "up you come"

Ideas to encourage your baby's communication at this stage:

- Singing nursery rhymes and chatting to your baby will help develop their listening skills and talking skills.
- Play games that involve facial expressions like 'peek-a-boo'.
- Introduce musical instruments like bells and rattles.
- Look through books together. Let your baby hold the book and turn the pages, chat about what you can see.
- Encourage your baby to take turns-when your baby makes a noise respond to them by smiling or saying something, then wait for them to make another noise in response to you. (keep looking at them and smile) This is the first stages of early conversation.
- Help your baby express themselves. For example to requesting more-Shake a rattle and wait for them to react, look at you or reach for it before you shake it again.
- Give them choices e.g. apple and banana or a choice of two toys so they can choose which one they want.
- 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

Version 2020