

Top tips for talking 6-12 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 they are paying more attention to people and what is happening around them. Children develop at different rates but typically at this stage they should be able to:

Making noises to get your attention and looking at you while doing so

Starting to understand words like "bye, bye" and "up"



Listening attentively

Babbling strings of sound

Looking at you when you speak

Smiling at people who are smiling at them

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

- Use lots of sounds to interest your child. You can make these sounds yourself or they can be from instruments or squeaky toys. Using sounds from their environments to gain their attention will improve their listening skills and raise awareness of the environment around them.
- Daily activities and routines such as dressing, washing, changing feeding etc, provide excellent opportunities for you to engage with your child. Encouraging eye contact during these activities will develop their attention and early communication skills.
- Talking about and commenting on what you are doing whilst carrying out these daily activities and routines is a good way to develop their language.
- Copy their babbling. This is a good way to demonstrate turn taking during conversation and can encourage them to make more sounds.
- Use actions and gestures with words when talking e.g. pointing to a cup when saying "drink", waving as you say "bye, bye". The more gestures and actions you use whilst using the words the easier it will be for them to relate what they see and do with the language they hear.

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