



Speech & language
therapy

Top tips for talking 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 children are starting to use language and becoming more sociable towards others. Children develop at different rates but typically at this stage they should be able to:

Using a few simple words such as "daddy", "cup" and "dog", although these might not be easily recognisable to unfamiliar adults.

Starting to understand a few simple words like "drink", "shoe", "car" and follow instructions like "kiss mummy", "kick the ball" and "give me".

Using gesture or pointing with sounds to indicate what they want.



Enjoying games like 'peek-a-boo', 'pat-a-cake' and 'clap-a-hands' and toys that make noises.

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

- Sing nursery rhymes and play games that have action e.g. 'in-cey wincey spider', 'wind the bobbin up' and 'peek-a-boo'. These connect actions to language and will help improve your child's understanding and memory. Playing games that include 'more' and 'again' can help develop their attention and language too.
- Use toys and objects that make sounds including noisy books and tapes. These will help develop your child's attention and listening skills.
- Talk to your child about what you are doing e.g. 'mummy's putting her shoes on' they will learn to link what you are saying with what they are seeing which will help them form links about the world around them.
- If your child points to something tell them what it is. If they try to say something repeat it back to them correctly, this will reinforce their understanding of words.
- Comment on things around them and name what they see, the more a child hears a word the quicker they will remember it.

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