

# Communication Top Tips

## 0 to 12 months

Hold your baby close so that they can see your face and hear your voice and you can see their face

Talk to your baby, they are comforted by your voice. Repeat words frequently, name familiar objects such as 'teddy', actions such as 'drink', activities such as 'bath time' and people such as 'daddy'

Good talking times are nappy changing, bath times, getting dressed, going for a walk, feeding, in fact all the time

Encourage your baby to look at you while you are talking, this will help develop their listening skills

Copy sounds such as babbling and the faces your baby makes, wait for a pause in their sound making and then respond, this is early turn taking

Playing helps your baby to learn, play with rattles, tickling and 'peek a boo'

Let your child explore their environment so that they can learn how things look, feel, sound, smell and taste

Use your baby's name every time you talk to them

Watch to see what makes your baby smile and do more of this

Read to your baby, let them see and feel the books as you read. Read books more than once. They love repetition and even if they can't understand the words they love to hear your voice