



**Talking
Together**

Ages & Stages

**Your baby's first steps
to talking**



It is never too soon to talk to your baby. You can start before they are born!

Did you know? Your baby can hear sounds from outside the womb from when you are 17 weeks pregnant, so chat and sing away to your bump!

- Babies love faces. Hold them close so they can see your face as you talk to them.
- Smiling, laughing and babbling are all ways that your baby will tell you that they want to talk.
- Babies love to hear voices. Talk slowly and gently and your baby will soon turn to listen to you.
- Use short words to talk about what your child is doing.
- Use the same words over and over, again and again.
- Give them time to make sounds – they will gurgle and try to copy you. You can copy them too.
- Silly sounds and faces can make talking more fun for both of you!

Talking Together

- Looking at books can be a fun way of learning new words. You can tell the story just by looking at the pictures together!
- You can have lots of fun with simple nursery rhymes and songs. The actions will help your baby to join in.
- Talk about the things you see and do together everyday.
- Turn feeding, changing and bathing times into talking times.
- Lots of noise makes it hard for your baby to listen. Remember to turn off the television when you are playing together.
- After 6 months, try to keep dummies for sleep times only, unless otherwise advised by a health professional. For more information, see www.nottinghamshirehealthcare.nhs.uk/lfl-dummies



Midwives do not advise the use of dummies with babies under 4 weeks that are being breast fed.

Visit our Language for Life pages for more information about how to support your child's speech, language and communication development.

www.nottinghamshirehealthcare.nhs.uk/language-for-life
www.facebook.com/nottslanguageforlife

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