

Talking Together

To find out about Children's Centre services across Nottinghamshire, contact Nottinghamshire Help Yourself on **0300 500 80 80**.

Email **enquiries@nottscg.gov.uk**
or visit the website **www.nottshelpyourself.org.uk**



Visit Nottinghamshire's Language for Life website 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

For further information:
<https://hungrylittleminds.campaign.gov.uk>



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Talking Together

Tips: 2

7 Tips to Talking

Helping your baby and child learn to talk will give them a head start when they start nursery & school.

It is never too early to talk to your baby.



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- 1** Talk with me all day – at bath time, meal times and in play.



- 2** Sing songs and rhymes with me.



- 3** Our best place is face to face.



- 4** Listen to me, give me time - I have lots of things to say.



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- 5** Keep dummies for sleep times only.*



- 6** Switch off and talk with me.



- 7** Share books with me.



It helps if you:

- Keep your sentences short
- Repeat what you say
- Copy back what your child says or the noise they make
- Add a few words to what your child says

*Unless advised by a health professional.