

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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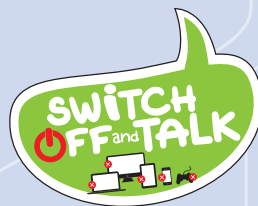
Ages & Stages

**I'm only 3 months old.
Look what I can do!**



Your baby is likely to be starting to...

- use different cries to express their feelings.
- recognise familiar voices.
- respond to loud noises like a door slamming.
- stick out their tongue and move their lips when you speak to them.
- smile at around 5-6 weeks.
- laugh at about 3 months.
- make cooing noises at around 3 months.
- show a real interest in your face.



Switch off and talk with me

Helpful Hints

I love to hear lots of different voices and noises. I will try to copy them. Make sure you look at me when you talk to me; it helps me to look at you.

Copy the sounds I make. It helps me to practise and remember them!

I love having a special quiet time with you. It helps if we don't have distractions so let's switch off our TV, radio, phones and tablets!



I love it when you sing gently to me. It helps me to listen and learn.

Take turns with me. Talk to me and I'll take a turn by moving, cooing or making facial expressions.

It's never too soon to talk to me. I learn from listening to you!