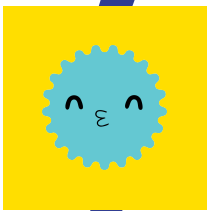


**Barking &  
Dagenham  
Family  
Hub**

# Top Tips **for parents** to support speech, language and communication in the early years



## LANGUAGE LEARNING STARTS IN THE WOMB

Talk to your baby while they are in your belly. Invite others to do so too!



## GET DOWN TO THEIR LEVEL

Make sure you are face to face with them when you are talking to them.



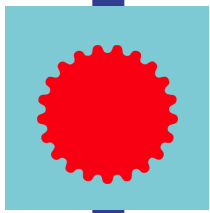
## FOLLOW THEIR LEAD

Notice what they are interested in and follow their lead- talk about what catches their eye!



## COPY YOUR LITTLE ONE

Do what they do- gestures, signs, sounds, words, songs. Copy them and you'll be supporting early language and turn-taking.



## VERBAL ROUTINES

Say the same words and phrases during your everyday routines. Say them the same way each time.



## MATCH AND ADD

Expand on your little one's communication. If they are using one word, copy that word and add one more!



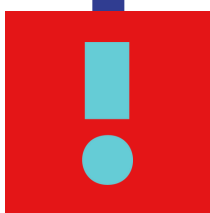
## READ BOOKS

Read together everyday. Talk about the pictures, make funny sounds and act out what you read. This will support bonding, early language and literacy.



## SING SONGS

Songs and nursery rhymes are great for building attention and vocabulary. If you don't know any, make them up!



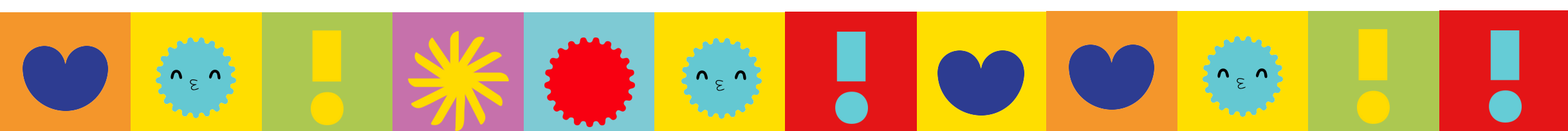
## LIMIT SCREEN TIME

Avoid any screen time for you children aged 0-2 years. From 2-5 years, limit it to one hour a day and don't forget to talk with your child about what they are watching.



## TALK ABOUT EVERYTHING

Talk to your child about things you do throughout the day. Talk about what you are doing, hearing, seeing, holding, tasting- ALL of it!



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