

# Helping your baby learn to talk

0–1½ years



**This leaflet was developed by speech and language therapists to give you a few ideas on what you can do to help your baby develop the skills to help him talk.\***

**Take your place face to face,  
I learn most when you are close**

Right from birth, look at and talk to your baby face to face.

**Playing with parents is number one,  
get ready for learning and lots of fun!**

Play games in which you have to take turns, like “Peek-a-boo” and “Round and round the garden”

**Copy what I say and do,  
to help me learn to speak like you**

If you repeat the sounds your baby makes, your baby will learn to copy you.

**Time with me is so much fun,  
I learn much more when we're one to one**

Have special times playing with your baby throughout the day.

**When I gurgle, laugh and coo,  
I'm taking my turn to “talk” to you**

When your baby makes sounds, add the word that you think she is trying to say, like:

Baby: “Brmmm Brmmm”

You: “Car”

**Turn off the tablet, phone and TV,  
spend some time playing with me**

Background noise will make it harder for your baby to listen to you. Babies need to hear your voice to learn to speak.

\*We have interchanged the terms he and she and him and her throughout the leaflet.

**Pick up a book,  
and have a look**

You can start looking at books together from an early age. You don't have to read the words on the page, just talk about the pictures.

Join your local library!

**Sing a rhyme anytime,  
start me learning for a lifetime**

As your baby grows, have fun singing nursery rhymes and songs, especially those with actions like "Pat-a-cake" or "Row, row, row your boat"

**Add some words to my actions and play,  
I'll learn to say them myself one day**

For example, if your baby raises his hands to get lifted, say what he is trying to say with his actions... 'Up'

**A dummy can help when it's time for bed,  
but sometimes I need a hug instead**

It is a good idea to reduce the use of the dummy by the time your baby is 6–9 months old.



For more advice,  
or if you are concerned about your child's talking,  
please talk to your health visitor.



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