

NHS

Cheshire and
Wirral Partnership
NHS Foundation Trust



10 Tips For Talking

Talking Tip 1

Get down on your child's level

- It's easier to make eye contact
- It shows you are interested
- Your child feels you are playing with them.
- You can both hear each other better



Talking Tip 2

Join in with what your child wants to do

It will help you to:

- Know what interests your child
- It will help your child to
- Pay attention for longer
- Learn more from what interests them



Talking Tip 3

Use simple language

It will help your child to:

- Understand what you are saying
- Hear the sounds in the words clearly
- Copy sentences



Talking Tip 4

Take turns

A turn may be a play, a word, a noise, a smile or even a wriggle.

- It shows your child that they have an equally important part to play in talking together
- You don't take over the play or the conversation



Talking Tip 5

Interpret what your child is saying

- It makes your child feel they have been heard
- It shows that you are trying to understand them
- Saying it as they would if they could gives your child the words they need to learn to talk

For babies you can interpret babble as if it is a real word



Talking Tip 6

Make up routines

- Repeating the same words every time you carry out a routine helps your child to:
- Understand what the words mean
- Be able to join in and use the words.
For example: “ready, steady, go”



Talking Tip 7

Comment on what your child is interested in

This will:

- Let them know that you are interested
- Give them the words that they need to know
- Start a conversation in an easy, gentle way

Sometimes questions can put your child under pressure.



Talking Tip 8

Offer choices

For example: “Do you want the ball or the teddy?”

This helps your child to:

- Learn the words that they need to know and ask for what they want
- Show what they like
- Use words/gestures to say what they want



Talking Tip 9

Add words to what your child says or does

It will help them to:

- Learn new words
- Learn to put words together
- To help babies learn new words, copy their sounds and then add one of your own.



Talking Tip 10

Ask good questions

Use questions that keep the conversation going for example: “What happened to you knee?”

Try not to use too many ‘telling questions’ for example: “what’s this?” “what colour is that?”

Use comments instead and give your child time to answer. This could take up to 10 seconds



Useful websites:

www.startingwell.org.uk

hungrylittleminds.campaign.gov.uk

www.booktrust.org.uk

www.brionaleisure.org/blog