

Say hello to your baby

Hints and tips for communicating with your baby

Games are a great way to talk and learn together

You don't need any toys, just each other. Count baby's fingers and toes and play tickling games and 'peepo'.

Sing to your baby, even if you don't think you sound great

Your baby will love hearing your voice and having your attention. Nursery rhymes are great, but any songs will do.

Like adults, babies don't always feel like being sociable, especially if they are hungry, tired or uncomfortable

Take time to get to know your baby's needs and respect their need to take time out.

Switch off the TV for part of the day

This will help your baby focus on what you are saying and will help them to listen.

It is never too early to read to your baby

Your child will love to hear your voice and have your attention. You can look at the pictures together and talk about the things you see.

You don't have to have anything important to say to your baby

Just talk about the things you are doing together eg. changing their nappy or bath time.

Babies just a few days old, if alert and content, will seek out faces and look at them intently

Try slowly opening your mouth or sticking out your tongue - your baby may copy you.

Soon after your baby is born they will recognise and turn to the sound of your voice

From birth your baby is listening, so keep talking to them.

Babies are born with a wide range of emotions

Your baby's facial muscles will soon develop, enabling a full blown smile. Take time to try to recognise the different feelings they are showing you. Everything your baby does is telling you something.

When your newborn is in the mood to chat, they might move their mouth a lot, as if they are talking

Answer your baby by saying something like "That's a good story you're telling me."

Make the time to have conversations by copying their sounds

As the weeks go by, your baby will look at you for longer and make cooing sounds.

Talking to your baby from day one will help the two of you get to know each other. It gives your baby a great start in life.

