



# Helping your baby to talk



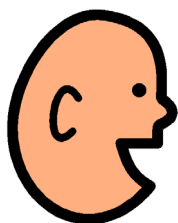
Babies start learning when they are born.



Babies understand what they hear first.

Next babies learn to speak.

Babies learn to speak by



- listening
- playing with sounds and
- talking to others.

## What can you do with your baby?



### Ideas for talking

- Always talk to your baby
  - slowly
  - clearly
  - with simple words.



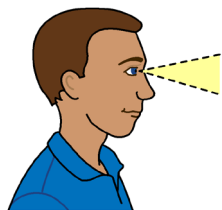
- Talk about what is around you.
  - Sounds
  - Names of things
  - Describing things like red, big, fast, nice
  - Repeat words. Your baby needs to hear words more than 1 time
  - Copy the sounds your baby makes
  - Say the word your baby is trying to use
  - Take turns. Stop and listen, then speak.



### **Ideas for playing**

Play helps babies learn. Make time each day to play with your baby

- Help your baby to play with other children.  
For example,
  - join a play group or toy library
  - spend time with people who also have young children.



- Watch your baby. Copy what your baby does.
  - Show your baby new actions
  - Play games with your baby
  - Play with soft dolls and stuffed toys
  - Play with balls and blocks.



- Choose a few songs and rhymes. Sing the same songs and rhymes over and over again. This will help your baby learn language and rhythm.



### **Ideas for sharing books**

Sharing books helps

- good language
- thinking skills
- getting ready to read and write.



Read books with your baby every day

- Choose books with large, bright pictures.

Babies love pictures of other babies  
and family photos

- Point to and name
  - objects
  - animals
  - people. 1 day your baby will respond!
- Let your baby show books to you
- Go to your local library. Choose books with your baby
- Read your baby's favourite books again and again!



**When should your baby learn and use language?**

All babies learn in their own way.



Most 1 year olds will

- watch your face
- enjoy when you chat back to them
- respond to you copying them
- notice familiar sounds and voices
- recognise familiar people and respond to them
- enjoy books and music
- respond to their name, the names of familiar objects and basic commands, like **no**
- enjoy and join in in daily routines, like bath or bed times, songs with actions.



From 12 to 18 months most babies will say their 1st words. Sometimes the words may **not** sound quite right. For example,

- 'ba' for ball
- 'mumu' for milk.

By 2 years old, most children will have about 50 words.



By 2 ½ years old, most children start to join words together.



By 3 years old, most children use 3 to 4 word sentences. Adults will understand them,

By 4 years old, most children use 4 to 5 word sentences.

Everyone should understand them.



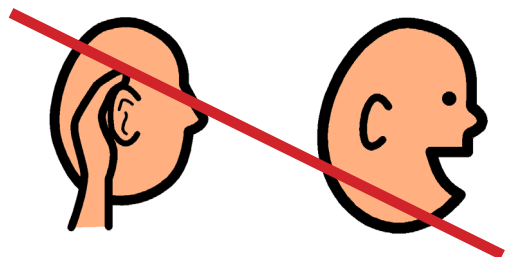
For more information look at the Fact Sheets

- Learning Speech. 0 to 3 years.
- Learning Speech. Preschool and school aged children.



## When to get help?

If you are worried, contact a speech pathologist.



Get help when your baby does **not**

- listen to you
- enjoy sounds or respond to sounds
- use lots of words by 18 months.



Get help when your toddler

- gets frustrated when he/she can not speak or be understood
- has trouble understanding what you say
- does **not** play in simple games with you or understand your gestures/signs
- stutters
- has a voice that sounds different.  
For example, it sounds husky
- is **not** trying to join words together by 2 ½ years old.



## Where can you get help?

Contact a speech pathologist in your local area.

Speech pathologists can

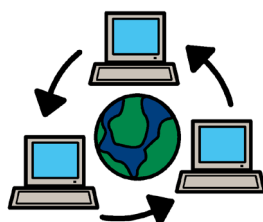
- do an assessment
- give advice
- give therapy
- find the right tools for you.

## Find a local speech pathologist

Speech Pathology Australia

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - Find a Speech Pathologist.



## How to become a speech pathologist

You need to do a course at University.

To find out more contact

Speech Pathology Australia

Phone 1300 368 835

Website [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Click on - information for the community.



Scope's Communication Resource Centre wrote the Easy English.  
September 2013 [www.scope.vic.org.au](http://www.scope.vic.org.au)

To see the original, contact Speech Pathology Australia  
[www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Mayer-Johnson LLC says we can use the Picture Communication  
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