

Baby Talk Tips

Mealtime

- Give your baby kitchen objects to play with in the high chair while you prepare the food - measuring cups, wooden spoons, plastic bowls.
- Label the foods that you are preparing - if appropriate let the baby taste.
- Label the actions you are doing - *cutting* carrots, *washing* lettuce, *pouring* milk...
- Talk about the sounds in the kitchen like the kettle boiling or the popcorn popping or the oven timer beeping.
- When your child is finished, you can model words like “all done”, “finished”, “all gone.”



Bathtime

- Name each body part as you wash it.
- Put a favourite toy (like a rubber duck) just out of reach and wait to see how he/she communicates to you that he/she wants it (a reach? a look? a sound? a word?)
- Practice turn-taking with your baby - use a plastic cup to fill and pour water, first you do it, then allow your baby a turn to try.
- Sing - “This is the way we wash our face, wash our face, wash our face....”



Diaper Changes and Dressing Baby

- What a great time for a game of peek-a-boo!
- Sing some songs while you're diapering/dressing - your baby will be entertained and learning at the same time...How about “This Little Piggy” or “Head and Shoulders, Knees and Toes”?
- Hang some pictures for your baby to look at during diaper changes - perhaps photos of family members who live far away....



Storytime

- Babies explore with their mouths and hands - it's okay if they want to "eat" the book.
- Provide board books that are small so that baby can hold the book with his/her small hands.
- You can use a 2-book strategy - one book for baby to hold and mouth, and one book for you to read to baby.
- Consider reading when your baby is a "captive audience" - in the highchair during snack, during car or bus travel.
- Visit your local library - it's FREE!



Tips on selecting books for children under 18 months:

- Select books with cloth, plastic or hard pages
- Point out the pictures, name the object, repeat words and use gestures.
- Let children try to turn the pages and even put books in their mouth.
- Make animal or fun sounds like "bump", "splash", "moo", "zoom".



Here are a few titles your baby might enjoy -

All My Toys by Dick Bruna

Pat the Bunny by Dorothy Kunhardt

First Words by Dick Series

The Little Noisy Book by Katherine Ross

Goodnight Moon by Margaret Wise Brown

Anything by Eric Carle (e.g. *Brown Bear Brown Bear, What do you see?*)

Anything by Sandra Boynton (e.g. *Blue Hat Green Hat, Barnyard Dance*)



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