

Help me talk and play, Try these 5 a day

Talk

Look at my face.

Use my name and get my attention.

Use language that matches mine and add a bit more.

Talk about what we see and do, and our feelings.

Be patient while I think of my answer.

Have fun with words!

Show me your expressions, your gestures, and how your mouth moves as you talk to me.



Check

Chat to my Health visitor, GP or Nursery if you have any worries about me.

Are my hearing and vision ok?

Am I at the correct developmental milestones?

Let me practise talking without my dummy.

Turn off the TV, radio or phone.

Explore

What shall we do today?

Spending time together helps me learn and communicate.

Snuggle up on the sofa

Sing a song

Play a game

Have an adventure outside

Have fun together!

Quiet time together

Share a book

Go to the park or the library

Play

Join my world and play with me!

What interests me? Let me show you....

I love to spend time together.

Playtime is a great time for us to talk and have fun!

Respond

Tune in to me and respond to my attempts to communicate.

Praise and add a comment to any sound, gesture, word or phrase I make.

Give me time to think and respond.

Don't ask me too many questions.

Take it in turns as we chat.

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