Further Information

For more information or to discuss your child's communication, please contact:

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We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 481814 and leave a message, or email wi.feedback@nhs.scot

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Western Isles

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Get Me Talking



Top tips for babies and toddlers

What does good communication look like?

- Being happy and relaxed and having fun!
- Listening and responding to each other.
- Playing with the things your child shows an interest in.
- Sitting at your child's level, face to face, during play.
- Talking to your child during play.
- Focusing on your child, not on your phone or other things.





There are lots of chances to stop and wait to see what I do and say

- Stop and wait to see what I do and say when you are playing with or talking to me.
- Respond to what I say as well as my facial expressions and body language.
- Give me time to respond (count to 10 silently). You may be surprised by what I do or say!
- Use simple language to comment on what I am doing.

Remember:
You can do this at meal times, bath time and bedtime as well as play times.

Scan the QR code to watch a video about this.



TV, tablets and mobile phones stop me interacting with you. They are really distracting!

- Try to spend some time with me each day with the TV, tablets and other screens switched off.
- When these things are on in the background it can make it harder for me to listen and understand what you are saying.
- Ignore the phone when we play – that message can wait.
- Choose things we can watch or play together. I will learn lots from having the opportunity to discuss what I'm seeing on the screen with you.

Scottish Government Screen Time Guidlines:



- 0 hours for babies and infants under 2 years except face time videocalls
- 1 hour for toddlers 2-4 years

www.parentclub.scot/articles/screen-use-babies-and-infants-under-2
www.parentclub.scot/articles/screen-use-toddlers-aged-2-4



Being face-to-face means we can see each other's facial expressions and I can see your mouth saying the sound/word

- When I am little, have me facing you in my buggy or sling so that I can see you and you can talk to me while we walk.
- Come down to my level or bring me up to yours when you want to talk to me.
- When reading a book sit me where I can see your face and the book.
- When singing nursery rhymes sit me where I can see your face and any actions.
- Choose a time when we can talk without being distracted.
- When you talk to me or comment on what I am doing make sure you are facing me.

Remember:
Face-to-face conversations are always important ... whatever age I am!

Scan the QR code to watch a video about this.



Help me stop using my dummy by 6-12 months - the earlier the better!

- Always remove my dummy when I'm talking.
- Cut down on how much I use my dummy – only if I really need it.
- If I have a dummy at bedtime, take it away when I fall asleep.
- Never dip my dummy in anything sweet. This will really damage my teeth.

Remember:
By stopping dummy use, this will let my teeth develop in the correct shape and my speech will be much clearer.



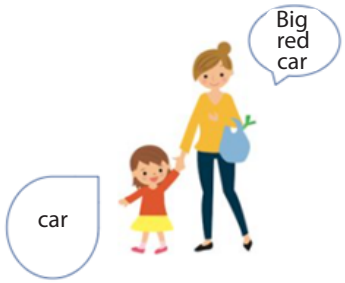
Scan the QR code for more information and to watch a video about this.



Add a few extra words to the words you have heard me use

- Talk about what I am playing with and comment on what I am doing using short and simple language.
- Use your face, eyes, body and voice to make your talking more interesting.
- I don't like to be asked lots and lots of questions, especially if I don't yet know the answer.
- If I'm not using many words try to match your sounds and words to mine, model the right way to say things and add 1 more word:

  Child: "Car"
  Adult: "Yes, red car"



Remember:
MATCH — MODEL — MORE

Scan the QR code to watch a video about this.



Playtime is my learning time and you are my first playmates!

- Come down to my level. Help make me comfy and let me see your face clearly.
- Let me choose the game and follow my lead - I'm more likely to communicate when I'm motivated.
- Comment on what I am doing to help me learn new words.
- Don't ask me too many questions – I might not have the answers yet!
- It's much more fun when you join in my play.
- When we play together I learn how to share and take turns.

Remember:
Comment on your child's play.



Scan the QR code to watch a video on this.



Reading is important at all ages. It's never too early

- Pick a quiet time for us to read a book together. It doesn't have to be bedtime.
- Switch off the screens.
- Let me choose the book - it's ok if I choose the same book a few times. Children like repetition and learn lots from this.
- Use lively voices to keep me interested.
- Make stories fun!
- Read the words out loud and point to the pictures.

Suggestion:
Why not join the library?



Scan the QR code for more information and to watch a video on this.



I may not always understand what you're saying so best to show me too

- Point or use gestures when you are talking to me.
- Show me by using objects or pictures, e.g., a rubber duck at bath time.
- Lead me to what you are talking about.
- Show me what you want me to do.
- Keep your sentences short and simple – one word, sign, or gesture may be enough.
- Emphasise important words.
- Use facial expressions, voice and body language.

Remember:
This will help me to learn more about the world around me.

Scan the QR code to watch a video about this.