

How your baby learns to talk

From the minute she is born, your baby is already amazing, but she needs your help from her first day to fully develop her communication and social skills. Talking, singing, smiling and listening to your baby will help to develop her brain.

Babies are born with brains that have a huge capacity for learning and most brain development happens before the age of three. This is the crucial time to help your child learn to talk and communicate.

- He could hear and recognise your voice when he was in the womb, which is why he turns to look at you now. He feels comforted by your voice.
- Her first step is learning to distinguish sounds, such as being able to tell which voice belongs to her mother or father. She can do this in the first few minutes after birth.
- His babbles, smiles, gurgles and gestures are his first attempts at having a conversation with you. When you smile and respond it will help him on his way to becoming a talker.



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- By the time your baby is around two months old she will be cooing. By three months she will be focusing on you when you make eye contact and talk.
 - Between four and six months he will be babbling to you in response to your smiles, words and sounds, almost as if he is having a real conversation with you.
 - It doesn't sound like words yet because she is still learning how to use and control her lips and tongue. If you look carefully, you will see that her mouth movements are imitating yours. Try sticking out your tongue slowly, and see if she does the same.
- These clever moments may just feel like playing, but in fact they are important steps in your baby's language and brain development. This will help him to become happy and confident, as well as help his future learning.

So, take some time out to spend time talking, singing, laughing and communicating with your baby. Don't wait until she is at nursery, as that is leaving it too late. Starting early will help her get off to the best possible start in life

Originally created for Talk to Your Baby.

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