



## Speech and Language Therapy Services

### Babbling with your Baby

#### A leaflet for parents and carers

Have fun babbling with your baby and playing with sounds.  
This will help them learning to talk!

#### Why is it important to babble with your baby?

- Playing with sounds is really important to help your baby learn to communicate. They will love having lots of time to practise their talking with you!
- Your baby will make lots of noises for example cooing sounds from a few weeks old. Talk to them face to face and give them time to make noises back to you. They are learning to have a conversation!
- As your baby becomes older they will make more speech sounds for example vowel sounds oo, ee, ar, and sounds that you use your lips to make e.g. p, b, m (puh, buh, muh).

#### How to help

- Have quiet times when you are talking to your baby, when the TV and radio are switched off. This will help your baby hear the sounds you are making. This helps them to listen and copy.
- Have lots of time face to face copying the sounds your baby makes and making sounds that they can copy. This will help your baby watch your face and mouth to help them learn how sounds are made. It will also show them that you are interested in them.
- Try to keep dummies for sleep time. Your baby needs lots of time to practise making sounds without anything in their mouth. This will help them make lots of different sounds which will help them learn to talk.

If you have any concerns or would like further information about  
your child's talking skills, please contact your health visitor or

**Children's Speech and Language Therapy Service**  
Bridge Park Plaza, Bridge Park Road, Thurmaston,  
Leicester, LE4 8PQ. Telephone: (0116) 225 5256.

If you require help with understanding the contents of this document please telephone 0116 295 4743

اے ای ڈکومنٹ کے بارے میں کوئی بھی سوال ہو تو براہ کرم 0116 295 4743 پر فون کرنا۔

اگر آپ کو اس دستاویز میں شامل جانکاری سمجھنے میں سہا یوتا چاہیے تو کریا 0116 295 4743 پر فون کیجیے۔

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Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir  
telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

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