

Walk and Talk

Use these cards to help you talk to your baby or child while you are out and about. This will help develop their speech and communication skills.

**Look, listen
and chat!**



Look, listen, and chat.

The conversations you
have with your child can
make a difference to
their future.

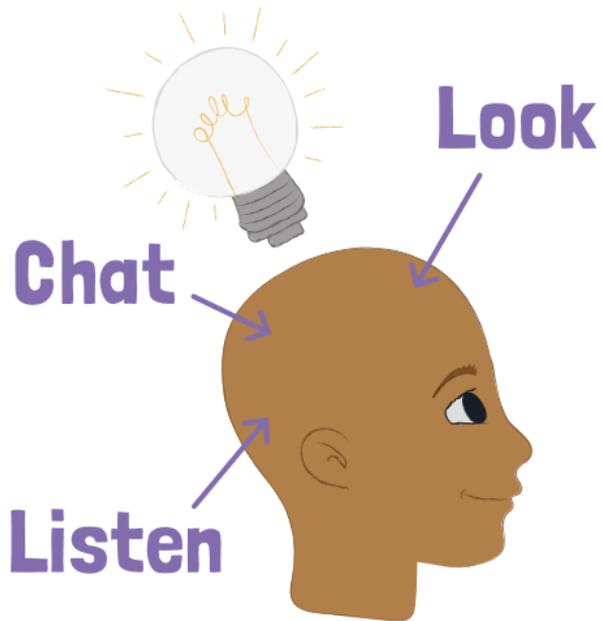


Did you know?

Talking to your baby before
they can say any words
helps them learn to talk.

Try having a 'babble' chat
with them by copying the
sounds they make!

Why?



90% of your child's brain has developed by the time they are five years old.

You can help this development by finding opportunities to talk and listen to them as often as you can, and introduce them to new things.

How?

- Read the cards for ideas, and take them out with you.

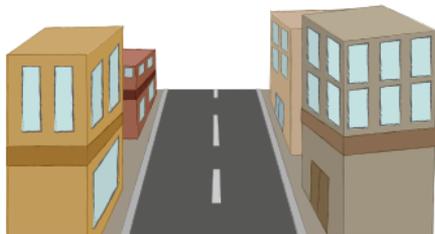
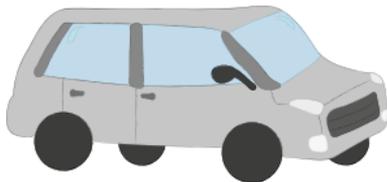
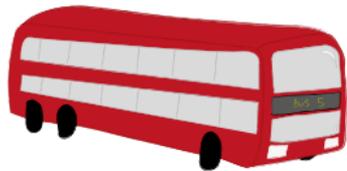
- Follow your child's lead (notice what they're interested in).

- Every conversation you have with your child will make a difference.



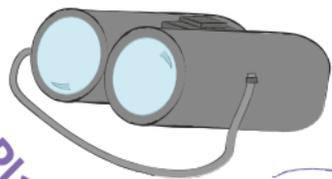
You might notice and talk about...

Things that are living, that move, that you can hear or smell, the weather, letters and numbers, different ways you can move, patterns, textures and more.



You could:

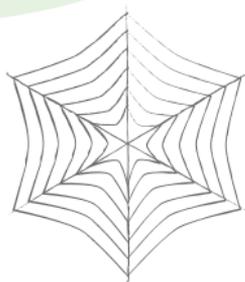
Count
1 2 3 4 5



Play I spy



Sing a song or
nursery rhyme



Notice the
small things

Use your senses



Splash in a puddle

Make up a story
or a song



Move in
different ways

Follow your child's lead. Talk about the things they are doing and have noticed.



Did you know?

Showing your child you're interested in what they do and say boosts their confidence.



That's a good idea! Taking small steps is helping you to balance

When you talk about what I'm doing it teaches me new words

Give your baby or child time to think and respond when you talk to them.



Top tip:

Wait at least 5-15 seconds for your child to respond when you speak to them.



**It helps me if you
give me some
thinking time**

**When I wait for her
to respond, she
gives me a better
response**

Repeat back the sounds and words your child says, and add one or two more sounds or words.



Did you know?

When you copy what your child says, it shows them you are listening. Adding an extra word or two teaches them new words, and how to say longer sentences.



cat

Yes, that cat has
a fluffy tail

da da da, yes, cat

dadadada

**When you have time,
take a moment. Slow
down and show your
child you are listening.**



Top tip:

**Help your child to
look more closely, to
notice things they
can see or hear.**



**Seeing your face
when we talk,
helps me learn to
communicate**

**When I slow
down and give
him my full
attention, he
looks so happy**

Think about the type of questions you ask. The best questions are the ones that encourage thinking rather than a single word answer.



Did you know?

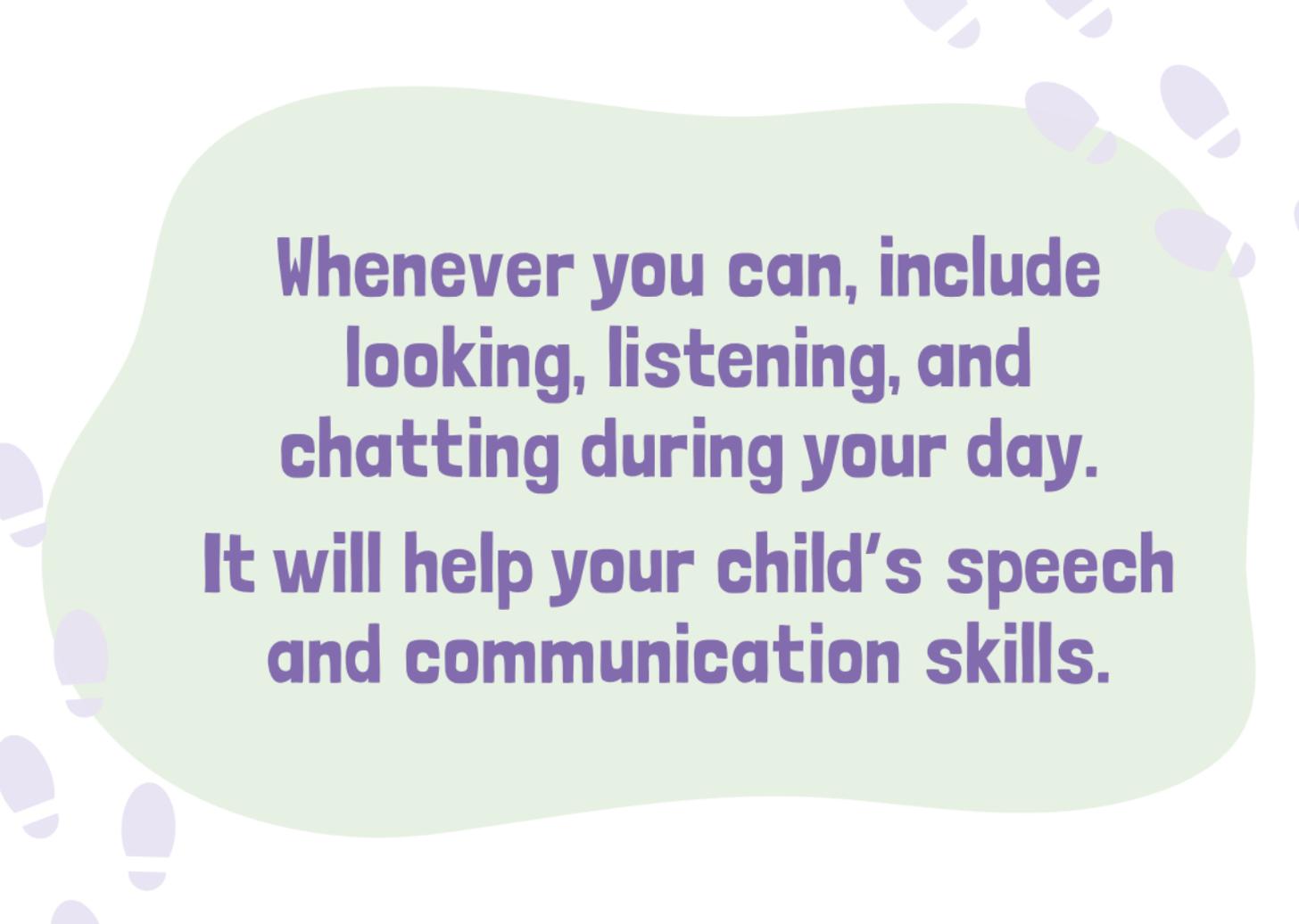
It's okay if you can't answer all your child's questions. Visit the library or use the internet to search for answers together.



I wonder where
that snail is
going?

I think the snail
is going ...

?



**Whenever you can, include
looking, listening, and
chatting during your day.**

**It will help your child's speech
and communication skills.**



If you are concerned about your child's language development please speak to your health visitor, Family Hub or childcare provider.

We consulted speech and language therapists, teachers, early years professionals and parents to develop these cards, to help you to help your child.



For lots more free activities and resources to help your child's development, visit [wordsforlife.org.uk](https://www.wordsforlife.org.uk)