

Talking With Your Baby

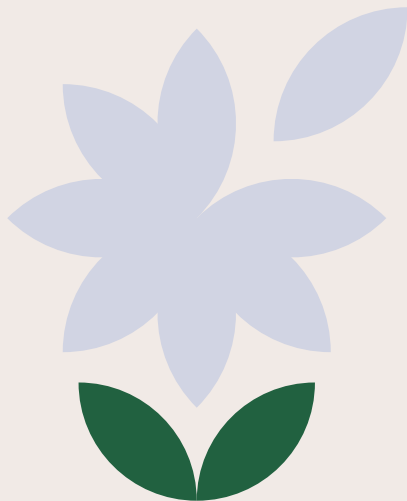
Simple ways to support your baby's
language journey from day one.



Talking With Your Baby

Welcome to the world little one!

From the moment your baby is born, they are beginning learning language. Here are some easy and natural ways to help them develop language from day one.



Talk, talk, talk!

Your baby loves hearing your voice. Narrate what you're doing throughout the day – “I'm going to change your nappy now”, “are you hungry? Let's have some milk” – Even though they don't understand the words yet, they are picking up on the tone and rhythm of your voice, which helps them start learning language patterns.

Look, Smile and Respond

When your baby makes sounds, smile and talk back to them. This back and forth, called **serve and return**, helps your baby learn that communication is a two way process. For instance, if your baby coos at you, respond with “You're talking to me, aren't you?”

Pause to create space for them to respond to build on serve and return. When you say, “your nappy needs changing”, pause. They may respond by lifting their arms as a response. You can then follow it up with, “oh you are ready”. Their ‘cues’ are a form of early communication.



Read together

It's never too early to start reading to your baby. Books that have high contrast images with simple words are great, but even reading your own books aloud works too. Hearing the rhythm of language through stories helps your baby tune into sounds and patterns of words.

Young children will explore what captures their interest. It doesn't matter if you read the book back to front or start in the middle. Respond to where their interest is focused. If they keep returning to the dog, you could say, "You're looking at the dog, dogs go woof".

Sing and play

Singing simple songs like "Twinkle twinkle little star, or playing peek a boo helps develop your baby's listening and social skills. Songs with repetitive words or actions make learning language fun and interactive.



About New Shoots

At New Shoots, we are passionate about providing the best possible start for your child. Founded by teachers and still run by educators today, New Shoots was created with a deep understanding of early childhood development. Our philosophy is built around nurturing children's natural curiosity through play, strong relationships and a love of learning.

Repeat and name

When your baby babbles or makes sounds, copy them and build on their noises. For instance if they are saying ba ba or da da you can say Ba ba! You're learning to talk!". Start naming things around you at home – "Here is your cozy blanket" – this helps your baby connect words to objects and actions.

By talking, reading and interacting with your baby from day one, you're helping them build the strong language skills they'll need for life. Every conversation, song and story is a step toward your baby becoming a confident communicator!



Every child is unique and we believe in creating a safe, language rich environment where children and families can thrive together.

To learn more about us visit our website: newshoots.co.nz