


Babble Back parent leaflet

Turn off the TV... and talk to me!



Don't let the TV... get in the way of you and me!

- 1 I don't need the TV.... it over-stimulates my brain and doesn't help my listening and conversation skills.
- 2 I would much rather you and I get to know each other... by going on walks and talking to me about what's happening in the world.
- 3 I love to hear your voice.. I feel secure and loved.
- 4 I don't need a TV in my bedroom... I would prefer you to sing songs or read a story to help me relax and go to sleep.
- 5 I love it when we can watch TV together... and you can ask me some questions and explain what's going on - you can teach me so much!
- 6 I need you to choose my TV time carefully... only turn it on for my favourite programme and please switch it off afterwards.



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Babble Back
Ideas to help you give your child the best start in learning to talk and listen

Signposting
For further information about how to help your child's speech, language and communication development go to...

- www.talktoyourbaby.org.uk (information available in a variety of languages)
- www.talkingpoint.org.uk
- www.leics.gov.uk/family
- www.leics.gov.uk/libraries

Visit your local Children's Centre to access more information on groups and services available for parents/carers and children.
For any specific concerns in relation to any aspects of your child's development, contact your local GP and/or Health Visitor.

Key messages:

- join in with your child's play or mirror their actions
- try to have a conversation with your child every day
- build up your child's sentences by repeating what they say and adding words
- have fun together with songs and rhymes

so please;

- talk with me
- read to me
- play with me
- sing to me
- enjoy me