



How Can I Help My Child Learn to Talk? Ideas for Parents

Here are some simple activities for you and your children to play together to help them learn to talk.

Sing

- Sing simple songs with your child. Children like to listen to and learn the new sounds, rhythms, and words in songs.
- Add hand and facial movements. Children can learn to connect these movements with the meaning of the words. One way children learn is by imitating.

Make language a game

- Say, “1,2,3 . . . GO!” when you take the child down from the changing table, out of the crib, or stroller. Let the child say “GO” with you.
- Play peek-a-boo with your child. Hide your face with your hands. Move your hands and say, “Peek-a-boo!” Your child may look surprised, smile, and laugh. Children also like to hide their faces. Learning to take turns is an important part of talking together.

Talk with your child during daily activities

- At bath time
 - Name body parts.
- At meals
 - Name foods the child is eating.
 - Name things on the table like plates, bowls, and spoons.
 - Use simple directions like, “Give Mommy the cup.”
- At bedtime
 - Say “night-night” to family members, friends, pets, and toys.
 - Read a short book together.
- Use simple expressions
 - All gone.
 - Bye-bye.
 - Where’s mommy? (use a brother’s or sister’s name too)
 - Call your child by a nickname or baby name.

My baby’s first words were:

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