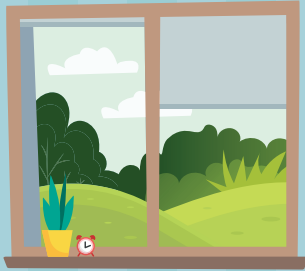


Babies are born ready to communicate

Parents and carers have the most important role in supporting their child's speech, language, and communication.



How do I help my child develop their speech, language, and communication skills?

Pre-Birth

Mums and families can talk, sing and play music to your unborn child. Your unborn child can hear you from 16 weeks. Your midwife and health visitor can support you to feel confident in doing this.



0 - 1 Years

Talking, singing songs, reading and sharing books will all help your child. Your health visitor is a key contact who will support you with your babies talking and listening skills development. Local parent and toddler groups are a great place to meet others



1 - 2 Years

Meeting other parents and children will help you and your own child. Local parent and toddler groups are a great place to meet others. Your health visitor is still there to support you.



2 - 3 Years

Your child will be learning new words about the world around them every day. Keep talking, singing and reading. The more language children have the more they can tell you how they feel. Remember your health visitor is there to help you.



3 - 4 Years

Encourage your child's imagination through play. They'll ask lots of why, what, and how questions as this helps grow the number of words they know and understand the world around them. Your health visitor can support you. If your child is in a nursery setting, they will also be able to help.

4 - 5 Years

You and your child working together with school will build a relationship and help your child to learn. School staff and the school nursing service are here to support you.



At all ages encourage your child's imagination through play

Where can I go to get help to access songs, books, singing and talking?

- Bookstart Baby packs - free from your Health Visitor
- Family Hubs - to find out where your nearest family hub is, telephone 0345 8 506 506
- Imagination Library book gifting scheme for children under 4 in Knottingley, Pontefract, Castleford Central, Ferry Fryston and Airedale.
Visit <https://spectrumhealth.org.uk/campaigns/dollyparton/> or call us on 01924 311400
- Wakefield Council Libraries - To find out where your nearest library is, telephone 0345 8 506 506 <https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/wakefield-library>
- Stay and Play activities running in your communities and other opportunities such as swimming clubs, baby massage, walk and talk groups etc visit **Community Wakefield**
- Hungry Little Minds- Simple, fun activities for children aged 0-5
www.literacytrust.org.uk/communities/hungry-little-minds
- Download the 50 things to do before you're 5 app for activity ideas and links to local opportunities. <https://wakefield.50thingstodo.org/app/os#!/welcome>
- BBC Tiny Happy People - Activities for babies, toddlers, and children
www.bbc.co.uk/tiny-happy-people
- NHS Start for Life: www.nhs.uk/start4life/baby/learning-to-talk/3-to-5-years/

Where do I go if I feel my child needs more help?

Speak to your Health Visitor, Nursery Setting, School, School Nurse, GP, or Family Hub. They will be able to support you in getting the help you and your child need.

Health Visiting and School Nursing Contact:

Telephone 0300 373 0944

Website www.hdft.nhs.uk/services/childrens-services/

Contact details of all Family Hubs can be found on the Wakefield Families Together website www.wakefieldfamiliesaltogether.co.uk

More information about your child's health can be found at www.wyhealthiertogether.nhs.uk

