

TIPS FOR COMMUNICATING WITH BABIES & KIDS



Communicating with your kids goes beyond developing language skills. It helps them feel safe and secure in their relationships, which is the foundation for learning and development!

A line drawing of a woman with short black hair, wearing a yellow top and white pants, holding a baby. The baby is wearing a white onesie and has pink cheeks.

DEVELOP AND
ENCOURAGE GOOD
COMMUNICATION
FROM BIRTH.

- ✓ Have conversations with your newborn. Say something and then pause, as if you're waiting for your baby to speak.
- ✓ When your baby gets older and starts babbling, babble back and see whether you get a response!
- ✓ Narrate your day and everyday tasks you are doing with your baby. This introduces them to the way words sound and what words relate to or mean.

A line drawing of a woman holding a baby and a toddler. The toddler is wearing a plaid shirt, blue pants, and a yellow bag.

WITH YOUR TODDLER AND BIGGER KIDS, TRY THIS:

- ✓ Set aside time for talking and listening to each other. Family mealtime can be a great time to do this!
- ✓ Turn off all screens when you and your kids are communicating so you can completely focus on the interaction.
- ✓ Talk about everyday things as you go through your day. If you and your kids are used to communicating a lot, it can make it easier to talk when big or tricky issues come up.
- ✓ Prompt your kids to tell you how they are feeling. Be open to talking about all kinds of feelings, including anger, joy, frustration, fear, and anxiety.
- ✓ Tune in to what their body language is telling you, and try to respond to non-verbal messages, too.
- ✓ Use your own body language to show you're listening, like crouching down so you're at their level, making eye contact, and getting close to them.
- ✓ Involve your kids in conversations you are having with others. This could be as simple as asking what they think or what they would do.
- ✓ Build on what your child is telling you and show your interest by saying things like "Tell me more about..." "Really!" and "Go on..."
- ✓ Avoid interrupting or finishing sentences, even when they say something strange or are having trouble finding words.
- ✓ Don't rush into problem-solving! They might just want you to listen and show that you value their feelings and point of view.