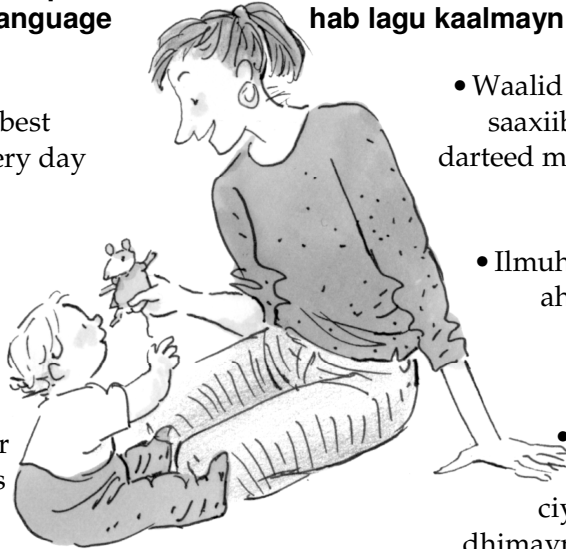


Playing with your baby

Play is the main way that babies and toddlers learn about the world. With your help, it's also a wonderful way to support their language development.

- As a parent, you are your child's best playmate so try to spend time every day playing together.
- Newborns love physical play, especially when you gently tickle their face or count their fingers and toes.
- When your baby gets a little older and stronger, offer her lots of toys or things that are safe to go into her mouth, and talk about the objects for her.
- Make lots of play sounds to go with what's happening, like "brmm, brmm" as you push a car along. That way, your baby will hear different speech sounds and learn that listening to voices is fun.
- Your baby will love hearing the same little rhymes and stories, and playing games like peek-a-boo, over and over again.
- You don't need lots of toys to play – your baby can play with safe, simple things around the house. But toy libraries offer toys on loan for free or a small fee. For your nearest call 020 7255 4604.
- As your baby gets older, don't try to teach him anything during play. Your child will learn best if he chooses what to play, and you follow his lead.



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La ciyaarista ilmaha

Ciyaartu waa habka ugu wanaagsan ee ilmuhu ku bartaan dunida. Markii aad la ciyaartidna waa hab lagu kaalmayn karo korriinka afkooda.

- Waalid marka aad tahay adiga ayaa ah saaxiibka ugu fiican ee ilmaha, sidaas darteed maalin walba waa inaad heshaan waqti aad ku wada ciyaartaan
- Ilmuhu way jecel yihiin ciyaarta gaar ahaan marka aad si debeansan uga kikilaysid wejiga ama tirisid farahooda gacanta ama lugaha
- Markii ilmuhu sii koro, siina xoogaysto, u fidi qalab ciyaareed ama qalab aan waxba u dhimayn haddii ay afka geliyaan, adiga oo kala hadlaya waxyaabaha aad siinaysid
- Ciyaarta aad ciyaaraysaan raaci shanqarta ay sameyso, sida "brmm, brmm" markii aad baabuur waddid. Sidaas ayaa ilmuhu ku maqlayaa shanqarta qalab-ciyaareedka iyo in dhagaysiga codadka kala duwan ay madadaalo tahay.
- Ilmuhu waxa uu maqli doonaa codadka iyo heesaha sida ay u dhacayaan iyo sheekada, iyo weliba ciyaarta peek-a-boo, markii aad wax badan ku celcelisaan ciyaaranteed.
- Qasab ma aha inaad qalab badan dhoobtid – ilmuhu waxa uu ku ciyaari karaa qalab aan halis uga imanayn oo guriga u yaalla. Sidoo kale maktabadda ayaa laga amaahdaa toy si lacag la'aan ah ama xoogaa lacag ah ayay kaa qaadayaan. Maktabadda kuugu dhow si aad u ogaatid wac 020 7255 4604.
- Markii ilmuhu soo koraba, ha isku dayin inaad wax kasta bartid markii aad ciyaaraysaan. Ilmaha waxa uu wax bartaa markii isagu xusho waxa uu ciyaarayo, adiguna aad raacdid rabitaankiisa.

Quick tips may be photocopied. For more information visit www.talktoyourbaby.org.uk
Talk To Your Baby is an initiative of the National Literacy Trust.



Talk To Your Baby



This translation was kindly sponsored by the Hillbrook Centre for children and Families. Hillbrook are a Sure Start funded Children's Centre offering a range of activities and groups to support parents/carers with children aged birth - 5 years - for further information please contact the children's centre on 020 8672 3957.