

Sharing songs & rhymes

Babies love songs and rhymes, especially hearing the sound of your voice. And they're a great way to help your child's talking and listening skills.

- Your voice is your baby's favourite music so sing to her, even if you don't think you sound great. Your baby won't judge you.
- Turn off the TV or radio so your child can hear your voice.
- You don't have to sing 'baby' songs – it can be the latest chart music. If you like the song, your baby will enjoy it too.
- Don't worry if you don't know any nursery rhymes. Sing the songs you do know and visit the library to borrow rhyming books or tapes.
- Look at your baby as you sing or chant and see how he reacts to different parts of the rhyme. Can you see his fingers wriggle?
- Young children learn best through play, so make songs and rhymes fun. Change the sound of your voice, make up some actions, or add your child's name or the names of family and friends.
- When your baby is tired or upset try singing a favourite song, slowly and quietly, to comfort her.
- When your baby or toddler joins in, show that you've noticed by giving lots of encouragement.
- Even if your toddler is just beginning to talk, listen to his reaction to the song or rhyme.



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Heeso & codayn

Ilmuhu waxay jecel yihiin inaad wada heestaan ama erayo codaysaan, gaar ahaan dhowaqa codkaaga. Waana hab weyn oo ka caawin kara hadalka iyo dhagaysiga ilmaha.

- Codkaaga ayaa ah miyuusiga ilmahaagu ugu jecel yahay, xataa haddii aan codkaagu wanaagsanayn. Ilmahaagu ma kala jecla quruxda codkaaga.
- Demi TV-ga ama raadiyaha si ilmuhu codkaaga u maqlo.
- Qasab ma aha inaad qaadid hees 'carruureed' – waxaad qaadi kartaa heesaha ugu dambeeyey ee casriga ah, ilmahaagu waa jeclaanayaan.
- Dhib ma laha haddii aadan aqoonin heesaha neersariga. Ku hees kuwa aad taqaanid, waxa kalood booqataa maktabada kana soo daynso buugaagta iyo cajaladaha heesaha.
- Indha ka eeg ilmaha marka aad heesaysid adiga oo u fiirsanaya sida uu ula saanqaado codadka kala duwan. Ma aragtay in farahiisu ay dhaqdhaqaaqayaan?
- Carruurta waxay si wanaagsan wax ugu bartaan ciyaarta, sidaas darteed heesuhu waa inay noqdaan kuwo madadaalo leh. Codkaaga bedbeddel, adiga oo ficil raacinaya ama xusaya magaca ilmaha ama magacda xubnaha qoyska.
- Markii ilmuhu daalan yahay ama xanaaqsan yahay u qaad hees ay jecel yihiin, si debecsan adiga oo dejinaya.
- Markii ilmuhu kula qaado heesta u muuji dareenkaaga dhiirrigelina u samee.
- Xataa ilmaha markaas hadalka baranayo, dhagayso hadaaqa uu ka sameeyo heesta.

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.