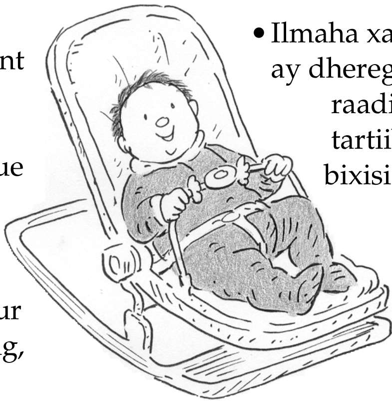
Say hello to your new baby

Talking to your baby from day one will help the two of you get to know each other, and gives your child a great start in life.

- Babies just a few minutes old, if content and alert, will seek out faces and look at them intently. Try slowly opening your mouth or sticking out your tongue – your baby may copy you.

- As soon your baby is born she will recognise and turn to the sound of your voice. From birth your baby is listening, so keep talking.



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- Babies are born with a wide range of emotions; from birth their faces will light up with pleasure. Your baby's facial muscles will soon develop, enabling a full blown smile.

- When your newborn is in the mood to chat he might move his mouth a lot, as if he is talking. Answer your baby by saying something like, "That's a good story you're telling me."

- As the weeks go by, your baby will look at you for longer and make little cooing sounds. Have a conversation by copying her sounds.

- Games are a great way to talk together. You don't need any toys; just each other. Count your baby's fingers and toes or play tickling games.

- Sing to your baby, even if you don't think you sound great. Your baby will love hearing your voice, and any song will do.

- Like adults, babies don't always feel like being social, especially if hungry, tired or uncomfortable. Respect your baby's need to take time out.

Bariidi ilmaha cusub

La hadal ilmaha isla maalinta uu dhashaba, taasi waxay idinka caawin doontaa inaad is barataan, waxayna siinaysaa bilow wanaagsan oo nolosha ah.

- Ilmaha xataa kuwooda jira dhowr daqiiqo, haddii ay dheregsan yihiin ayna feejigan yihiin waxay raadiyaan wejiyada dadka. Isku day inaad si tartiib ah u furtid afka ama carrabka soo bixisid – waxa dhacda in ilmuhu kugu daydo.

- Isla marka ilmuhu dhasho waxa uu ku soo jeesan codkaaga. Isla marka uu dhashaba ilmuhu waxa uu bilaabidhagaysi, sidaas darteed u sheekee

- Ilmaha waxay ku dhashaan dareenno kala duwan; isla marka ay dhashaan wejigooda waxa ka muuqda farxad. Murqaha wejiga ee ilmaha ayaa markaaba kora, waxayna bilaabaan dhoolla-caddayn xooggan.

- Marka ilmuhu doonayo inay hadlaan waxay in badan dhaqaajiyaan afka sidii uu hadlayo oo kale. U jawaab ilmaha adiga oo ku odhanaya sida, "Sheeko wanaagsan ayaad ii sheegtay."

- Dhowr toddobaad kadib, ilmuhu waxa uu ku dhugan doonaa wax badan, waxana uu samayn doonaa hadaaq. La sheekayso adiga oo ka daba oranaya hadaaqa uu sameeyo.

- Ciyaaruhuwaa hab wanaagsan oo lagu sheekaysto. Uma baahnid toy, inaad wada joogtaan ayaa muhiim ah. Tiri faraha gacmaha iyo kuwa lugaha ilmaha, ama kilkilee.

- U hees ilmaha xataa haddii aan codkaagu qurxoonayn. Ilmuhu waa jeclaan doonaa codkaaga, hees kasta aad qaadide.

- Sida dadka waaweyn oo kale ilmuhu mar walba sheekada ma jecla, siiba marka ay hayso gaajo, ama daal. U oggolow inuu nasto.

Quick tips may be photocopied. For more information visit www.talktoyourbaby.org.uk
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Reference: *The Social Baby* (2000), Lynne Murray and Liz Andrews, The Children's Project: Richmond.

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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.