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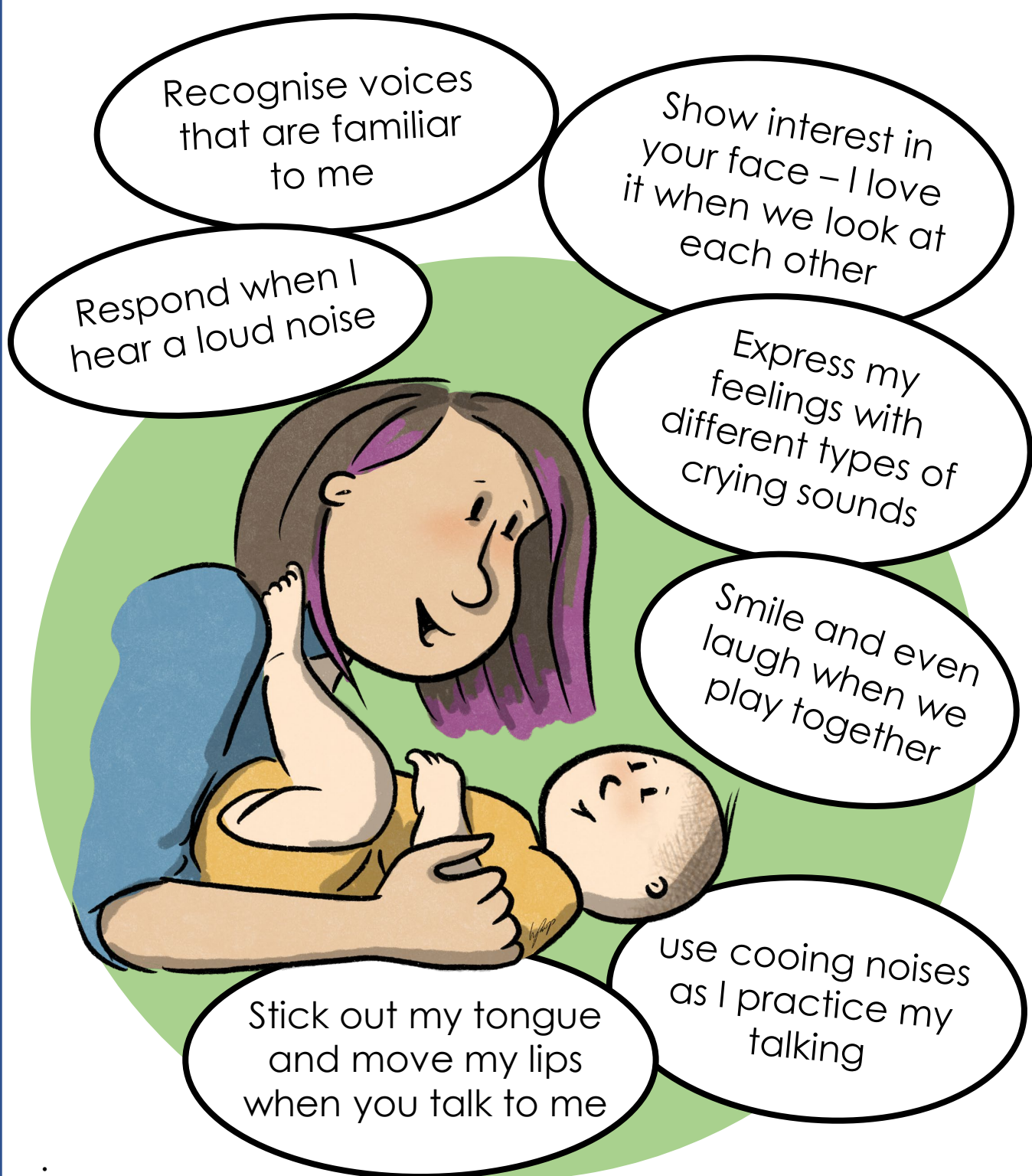
time to talkTM

to your
3 month-old



Ages and Stages
of Speech, Language and Communication

At 3 months old, I am starting to ...



All children follow their own unique pattern of development. This is a general guide to how children typically learn to communicate at this age. It is not a screening tool, rather information to help you think about how you can help your child's communication skills excel.

Helpful Hints



Here's some ideas to help all children to develop their communication skills

- **Talk to me** about what you are doing - I love to hear you chat!
- Talk, sing and read to me in **our home language**, it make me feel included and helps me learn English too!
- **Copy the sounds** I make - it helps me to practice and remember them.
- **Watch me** when you talk to me - it helps me to look at you.
- **Sing to me** - I love to hear the different tones of your voice and it helps me to listen and learn.
- **Take turns** with me. Talk to me and I'll take a turn by moving, cooing or making facial expressions.
- **Explore books** with me - there's always lots to learn from a story.
- I love to hear lots of **different voices** and noises. I will try to copy them.
- Our time together is really special. Having the **TV off** helps me to listen to you.



Involve all the family

Involving the whole family will help them to connect with your baby and give your baby different opportunities to use their communication skills.

Don't forget...

No matter what age I am, one of the best ways to help my speech and language development is to have some **special quiet time** with me so we can talk, sing nursery rhymes or look at books.

Make 'time to talk' a priority



Where to get more information:

If you'd like to know more about how to help your child learn to communicate, then take a look at our website:

www.timetotalkwarwickshire.co.uk



If you have any questions or concerns, then contact your **Warwickshire Health Visitor** or local **Children & Family Centre**

As a service, we aim to provide fair and equal access to all experiences, backgrounds and differences. If you feel we can make reasonable adjustments to support you with accessing our material, please speak to the person sharing this information with you or contact the team using the details above.

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