



## Fun Talk: Birth – 6 Months

Babies hear well at birth. They are often calmed when hearing their mother's voice. Your baby is "talking" to you when he cries. He may be telling you he's hungry, wet or cold. Your baby will coo, gurgle and then make sounds like "*ba-ba-ba, ma-ma-ma.*" He does all this as practice for learning to say real words.

Be sure to look at your baby when you talk to him. You may feel a little silly at first talking to a new baby since he can't talk back in real words. Your baby understands a lot more than you think, and he will learn by listening to and watching you. He needs to hear good speech and practice his talking to learn language. As he grows, your baby will learn talking is fun.

### Things to try:

#### Birth – 3 Months

- Hold your baby close so he can see your face. Make sounds like "*ah, ee,*" moving your mouth a lot and making different faces. Wait a few seconds to give your baby time to make sounds. If he makes sounds, say them after him. If he doesn't make sounds, say your sounds again.
- Hold your face close to your baby's while you rock him, feed him and change his diaper. Make movements with your lips and tongue like smacking and clicking. Put your baby's hand on your mouth as you talk to him.
- Let your baby listen to a lot of sounds such as – water running, a car horn, dogs braking, birds singing, hands clapping, a phone ringing, footsteps, and rattles. Tell him the name of what is making the noises: "*I hear a dog barking.*"

#### 4 -6 Months

- Talk to your baby in silly chains over and over like "*ba-ba-ba, ga-ga-ga.*" Occasionally put your mouth against baby's hand so he can feel your lips move.
- Smile and talk to your baby when you hold or touch him. Use sounds you have heard him make. Wait a few seconds to give your baby a chance to make sounds.
- Teach your baby his name. Use it often. (It is better to use his real name or a nickname you wouldn't mind him having all his life.) Call his name before you go in a room to get him. Peek your head in the room and call his name again. See if he turns to you when you call his name.

For more information contact Guilford County Department of Public Health at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)