



Surrey Family Information Service

Talking Time: Baby

Set 2 of 2

These cards have been designed to help you support your child's learning. You can do this any time and most of the activities will only take a short amount of time.

Children learn best when they are playing - so have fun!



Bed time

Water play

Out and about

For more ideas, click on the Every Child a Talker link on the Surrey Family Information Service homepage

www.surreycc.gov.uk/fis





Talking Time:

Baby

Making bedtime fun

Having a clear routine at bedtime will help your baby to settle down more easily.

- Your baby loves to hear your voice so why not use nursery rhymes as a part of your baby's bedtime routine.
- Singing to your baby is soothing, so sing while you're getting them ready for bed.
- It's never too soon to start telling bedtime stories or saying rhymes.

You could say this rhyme

Star light, star bright
The first star I see tonight
I wish I may, I wish I might
Have the wish I wish tonight



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Talking Time:

Baby

Making bedtime fun

Using music as part of your baby's bedtime routine can help them to relax.

- Play soothing music to your baby at bedtime – this could be their cot mobile.
- Listen to relaxing music together, perhaps you could pat their back, stroke their cheek or rub their tummy, in time to the music.

Play a nursery rhyme or some gentle music such as:

Twinkle Twinkle Little Star (Sign and Singalong by Annie Kubler).

You can borrow books from the library, all the books are free, for more information go to www.surreycc.gov.uk/libraries



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Talking Time:

Baby

Stories at bedtime

Sharing books and stories at bedtime is fun and will help your baby settle before sleeping. Find a quiet, cosy place. Babies love to hear their favourite stories over and over again.

- Young babies enjoy looking at picture books. Talk about what they can see in the picture.
- Tell stories you know like Goldilocks and the Three Bears, or tell your baby the story of what you have done that day.

The Going to Bed Book (Boynton)

by Sarah Boynton

Night Night! Baby by Beth Harwood,
Emma Dodd and Mike Jolley

Good Knight Sleep Tight by David Melling

Lullaby Baby (Amazing Baby) by Emma Dodd

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Talking Time:

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Thinking about shapes and sizes

This is a great way for your baby to look at different objects to understand shape and size. You could use these ideas in a paddling pool, in the bath, or even a washing up bowl.

- Make sure your baby is facing you.
- Talk about what your baby is doing.
- Drop objects into the water so they can hear and feel the splash.
- Choose sponges of different shapes and sizes for your baby to squeeze.

Suggestions for toys

- Empty plastic drinks bottles
- Plastic cups
- Jugs
- Spoons
- Egg cups
- Variety of plastic containers such as yoghurt pots



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Talking Time:

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Exploring

Playing with water is an opportunity for your baby to explore. Why not try the ideas out in the paddling pool, in the bath or even a washing up bowl.

- Put a plastic duck under the water away from your baby, let it go and when it pops up say 'peek-a-boo'.
- Pour water from a height.
- Hold bubbles in your hands and blow them into the air. Your baby may try to reach for them.
- Give yourself a beard of bubbles or put bubbles on to your baby's body and use a mirror to show them what they look like.

Suggestions for toys

Spoons, wooden blocks, sieves, funnels, plastic pots, a variety of brushes, droppers, water pistols, plastic bottles, a variety of sponges, paint rollers, straws, food colouring, whisks and bath books.



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Talking Time:

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Watery songs and rhymes

Everyone loves to sing in the bath and singing helps your baby to hear rhythm and rhyme.

Choose nursery rhymes with actions. This gives your baby awareness about the parts of their body. Here are some ideas, you can do the actions and after a while your baby may join in with some of them.

- Wind the bobbin up
- Head, shoulders, knees and toes

Name each part of your baby's body as you wash it, you could sing:

This is the way we wash our hands
Wash our hands, wash our hands
This is the way we wash our hands
On a cold and frosty morning



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Talking Time:

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In the garden

Babies enjoy having the space to move about, explore and play. Don't let the rain put you off, wrap up and go out for a short walk.

- Babies like to be outdoors listening, smelling and seeing new things.
- Lay your baby down so that they can feel the ground.
- Use the baby swing in the park.

At the park

Babies love to move around in a large space. They don't mind rain or cold if they have the right clothes on.

- Lay your baby on the ground under a tree and let them watch the shadows.
- Let your baby feel the wind or the rain on their face. Talk to your baby about what you can see.



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Talking Time:

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On a journey

Babies can go on a journey whether you're just popping to the post box or travelling on holiday. Look out for familiar or new things when you are out and about.

- Talk to your baby about what you can see, stop to point things out.
- If your baby points, have a look and name it.
- It helps to have your baby facing you so that you can see and hear each other.

Going shopping

Help your baby to enjoy going shopping. Try the ideas below. Remember babies put things in their mouths so be careful what you give them.

- Have your baby facing you so that you can see each others faces.
- Talk about each item as you put it in your trolley.
- Look out for when your baby points, it means tell me more.



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Talking Time:

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Going on a picnic

You can have a picnic anywhere, even inside if you spread a cloth or blanket on the floor.

- Set your picnic up under the shade of a tree, your baby can enjoy lying on their back watching the movement of the branches and leaves.
- Talk to your baby about what you see and hear.

Babies learn by exploring and it's good for them to use all their senses, they need to look, touch, hear, smell and when safe, taste.

Give your baby time lying on their front and let them feel the grass and leaves. In the summer if you are at the beach, let your baby feel the sand, the pebbles and shells. Talk about the sounds you hear.



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