WAYS TO TALK WITH YOUR BABY

Greetings  
Tell Stories  
Narrate Actions  
Ask Questions  
Direct Attention  
Soothe

TALKWITHMEBABY.ORG
You already talk with your baby. May I share with you a few more ways to add even more words to your daily routine?

**GREETINGS** — Greet your baby with a smile, and a hug, in a high pitched voice. Every morning, greet your baby by name and tell them what you are thinking about having for breakfast that day.

**NARRATE ACTIONS** — Narrate everyday activities. When cooking and preparing meals, describe what you are doing and why, as you’re doing it.

**DIRECT ATTENTION** — Engaging your baby helps form new connections in her brain. During meal times, point to your eyes, ears, mouth, nose, and hands as you describe how the food looks, sounds, tastes, smells, and feels.

**TELL STORIES** — Babies are never too young to hear stories. Tell your baby stories about your favorite meal time memories at the dinner table.

**ASK QUESTIONS** — Encourage your baby to respond by asking questions and pausing. Ask your baby what they would like to eat for meals and give them time to respond before continuing the conversation.

**SOOTHE** — Calm your baby by singing. Sing your baby a song by spelling out the letters of your favorite healthy foods, or make up a song about mealtime routines.

Babies respond best to lots of loving words, including words of encouragement, praise and questions. Avoid using directives such as “No, Stop, Be quiet” and instead use positive words and speak in a happy voice.