

Learning Parentese

Tips and Activities for Families

- When your baby coos and babbles, repeat those sounds back. This will help your baby learn to attend to the sounds of language.
- Babies communicate in a variety of ways. Pay close attention to her sounds, her movements, and facial expressions. You will learn a great deal about her needs and feelings.
- Read age appropriate board books while cuddling with your baby. This will help develop a pleasurable association between talking, books, and your voice.
- Talk with your baby during daily routines. Diapering offers an ideal time to engage in cooing and talking.
- Get close enough to your baby's face (about one foot) when talking. This will allow your baby to make eye contact with you.
- Sing to your baby, either songs you know, or those that you make up yourself. The infant brain loves music.
- Use parentese when talking with your baby. This will help your baby pay attention to the sounds and words you are using.
- Provide positive responses like smiling or rubbing her tummy when your baby coos or babbles.