

Want to find out more?

Useful Websites & Organisations

- www.talktoyourbaby.org.uk
(the National Literacy Council)
– advice on how to help your baby learn language
- www.elc.co.uk – the Early Learning Centre – advice on toys



For more information and support, you could try talking to your:

- HEALTH VISITOR
- SURESTART CHILDREN'S CENTRE
- SPEECH THERAPIST

Helplines, Advice & Information

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk
– for copies of tip sheets and other leaflets, parenting courses and local services
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk

Stories & Music

- Visit your local library for books and tapes and for children's events
- BBC Parents' Music Room has rhymes and songs for babies and toddlers
– www.bbc.co.uk/music/parents

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विरुषा वरवे सिलडवरनन हिनहउमेमन
सवदिम तू 0800 083 7921 उे डेन वरे

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah faadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ لیفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان
(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務
বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET
FOR PARENTS OF **0-3** YEAR OLDS

Language & Play

Children need to **play** and **talk**. They learn and develop by doing things and by **exploring** the world around them.

Babies and toddlers learn to speak by **listening to you** so talk simply to your child as much as you can.

Enjoy playing with your children. They will love having your company and attention.

You can have **fun** helping them and watching them learn and grow.



● **Play feeds children's curiosity, teaches them concentration and helps them get on with people**

● **Play can be outside or indoors, active or sitting down, making things or make-believe**



Manchester **NHS**
Primary Care Trust

* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

How YOU can help

JOIN IN, BUT DON'T TAKE OVER

Let your child lead the play – decide what to play, and what they want to happen.

YOU DON'T NEED EXPENSIVE TOYS

Young children like playing with cardboard boxes, wooden spoons and other ordinary household objects. They love to copy things you do.

LET THEM PLAY MAKE-BELIEVE GAMES

Young children love to dress up, chatter and become another person or animal in their games.

PLAY COUNTING GAMES AT ANY TIME

Count as you climb steps, hang up washing, pass lamp posts.



PLAY HELPS CHILDREN...

- * Talk and think
- * Make friends
- * Share and take turns
- * Gain confidence and self-esteem
- * Discover interests and skills
- * Solve problems and learn to manage
- * Cope with rules

CHILDREN LOVE TO PAINT, SCRIBBLE AND DRAW

It helps them to control their hands, get ideas, be creative and become confident. Keep plenty of scrap paper, brightly-coloured crayons and felt tips.

TALK TO YOUR CHILD WHILE THEY PLAY

Show you are interested by telling them what you see them doing and asking them things about it.

HAVE FUN AND GAMES AS A FAMILY TOO

Swimming trips, cooking sessions, picnics, outings or playing ball games in the park all help families to talk and laugh together.



DON'T GIVE A DUMMY OR BOTTLE ALL THE TIME

If your child always has something in their mouth they can't practice talking.



HOW TO BE POSITIVE ABOUT PLAY

- * Let them choose what to play
- * Join in and show you're having fun
- * Change any hard rules to make it easier
- * Learning to lose takes time – be tolerant
- * Be encouraging – *Well done! Good idea! Lovely picture! You kicked that ball really hard!*
- * Stay cool and learn to love mess – use aprons, newspaper or plastic sheets
- * Let them make mistakes – that's how they learn!

SHARING BOOKS AND STORIES

... will help your child talk and listen and get them interested in reading later on.

SWITCH OFF THE TV

Children need to talk to real people and do real things hands-on. They learn language from you, not the telly.

STAY CLOSE BY FOR REASSURANCE BUT DON'T OVER-PROTECT

Many games, such as climbing, teach how far it's safe to go.

DON'T TEASE YOUNG CHILDREN

It's an adult's idea of fun but can worry and confuse young children.