

National
Literacy
Trust

Change your story

Perfect for
families with
children aged
10–24 months.



Their story starts with you

Talking and listening to your child helps build their communication skills from the very start.

Use the tips on these cards to make the most of every day little moments together.

In partnership with





Getting dressed

When your child gets dressed, naming body parts and the clothes they're wearing helps them learn new words.

Tips for chatting when getting dressed

Try to use describing words.

"I like your stripy green jumper."

Point out different body parts.

"Your hat goes on your head."

Give your child choices.

"Would you like to wear the stripy top or the spotty top?"





Mealtimes

At mealtimes, chatting about what your child is eating and doing helps them understand what words mean.

Tips for chatting at mealtimes

Eat together when you can
and talk about the food.

*"I like this banana.
It's squishy!"*

Repeat the same words
or phrases.

*"I'm pouring some cereal
into your bowl."*

Encourage them to help
with tasks.

*"Can you get your plate
out, please?"*





At home

When you chat around the house and talk about what you are both doing, you can help your child learn sounds and words.

Tips for chatting when at home

Notice what they're interested in.

"You're putting lots of things in that box, you've nearly filled it up."

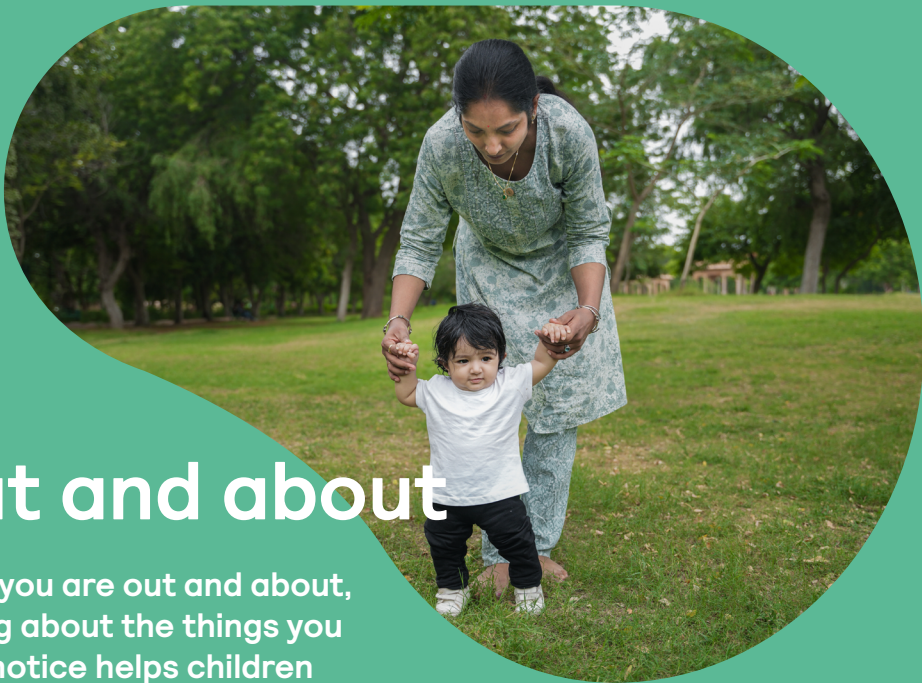
Talk about what you're doing.

"Let's write a shopping list before we go."

Find jobs they can help with and explain what they're doing.

"Thank you for putting your socks in the washing machine."





Out and about

While you are out and about, talking about the things you both notice helps children learn new words.

Tips for chatting when out and about

Talk about what you see.

“Look at the red bus. I wonder where those people are going?”

Talk about the things they notice.

“You’ve found a snail. Let’s see if we can find any more.”

Use your senses to prompt conversations.

“We’re making the leaves crunch, can you hear them?”





Bathtime

Chatting with your child when you bath them helps them practise making sounds and forming words.

Tips for chatting at bathtime

Describe what your child does with bath toys.

"You've poured the water out. It was full and now it's empty."

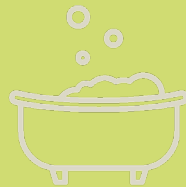
Talk about what you're doing.

"Let's dry your toes now. Does the towel feel soft?"

Repeat back the sounds and words your child says.

Child: *"Pop, pop."*

Adult: *"Pop, pop, we're popping all the bubbles."*





Bedtime

When you share stories and sing your favourite songs together, you introduce your child to new words.

Tips for chatting at bedtime

Encourage them to choose what to read.

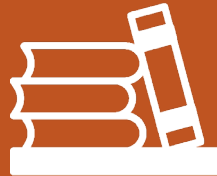
"Which book shall we look at tonight?"

Try singing a nursery rhyme or lullaby.

"Incy wincy spider climbed up the water spout..."

Chat about the pictures.

*"The giraffe is very tall!
Would they fit in here?"*



Here are some tips to help your child communicate:

- Have a 'conversation' with your child by responding to what they say, as well as their noises and facial expressions. Remember to pause and give them time to respond when you have finished speaking.
- Try to notice what they point to and look at, and talk about those things.
- Find regular opportunities to talk, sing, read and play throughout the day.
- When you make the most of little moments together, you are helping to build their communication skills from the very start.



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For more activities, please visit [wordsforlife.org.uk](https://www.wordsforlife.org.uk)