

Say hello to your new baby

Talking to your baby from day one will help the two of you get to know each other, and gives your child a great start in life.

- Babies just a few minutes old, if content and alert, will seek out faces and look at them intently. Try slowly opening your mouth or sticking out your tongue – your baby may copy you.
- As soon as your baby is born she can recognise and turn to the sound of your voice. From birth your baby is listening, so keep talking.
- Babies are born with a wide range of emotions; from birth their faces will light up with pleasure. Your baby's facial muscles will soon develop, enabling a full blown smile.
- When your newborn is in the mood to chat he might move his mouth a lot, as if he is talking. Answer your baby by saying something like "What a good story you're telling me."
- As the weeks go by, your baby will look at you for longer and make little cooing sounds. Have a conversation by copying her sounds.



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- Games are a great way to talk together. You don't need any toys; just each other. Count your baby's toes or play tickling games.
- Sing to your baby, even if you don't think you sound great. Your baby will love hearing your voice, and any song will do.
- Like adults, babies don't always feel like being social, especially if hungry, tired or uncomfortable. Respect your baby's need to take time out.