

Beckton & Royal Docks Children's Centre Tip Sheet

Talking:

Face to Face time is a GREAT way to play. This means simply being face to face with baby and having a chat. You can talk about anything; something that you did that day or just make certain sounds with some over the top mouth-moving to show how you're making it, like B-B-B-B-B-B, OOoooo.



Singing:

Again, communication is paramount so singing counts too. Apparently, from day one babies have an ability (innate) to discriminate rhythmic patterns. In sum, you can start in utero – around 25 weeks of pregnancy the baby starts to process auditory signals – which is why newborns may prefer their mother's voice, because it is quite familiar to them!

TOUCH



Touching feet

Touching hands, touching feet – we did a lot of this in month one, mainly because his little feet were so cute. Skin to skin is recommended and touch is going to be important! Research has reported increased touch to facilitate growth and development

SIGHT

Mirroring, including mirroring noises and chatting, having a conversation

Face time

Tongue talk

Copy Cats

Reading:

Reading from birth is a great thing to practice, and has benefits. In brief, baby will recognise their mother's voice from the womb (1) and hearing it from day one may be familiar and comforting to them, reassuring them of your presence (2).

