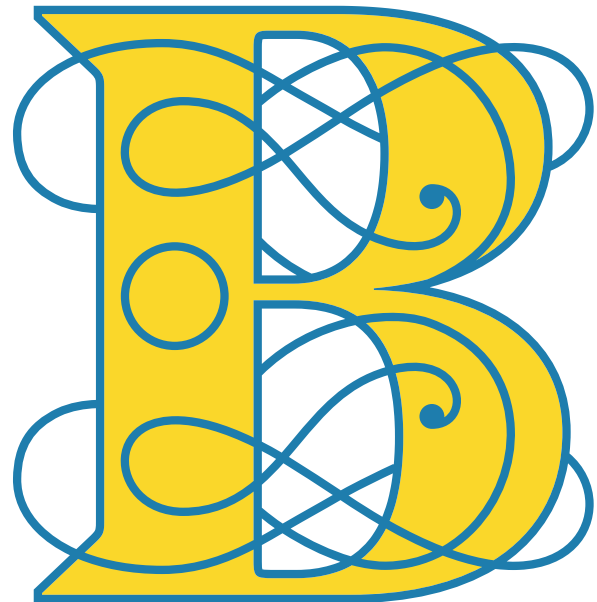


Play, sing and talk with your baby!

A great deal of language development occurs before a child is able to talk. Here are seven suggestions for how you can help your child to pick up their language.



Bokstart (Bookstart) is a national initiative aimed at parents and adults who spend time close to young children (ages 0–3). The aim is to stimulate language development at an early age.
bokstart.se

Bokstart

1 **Talk, talk, talk**

Children need to hear something in order to be able to say it themselves. It doesn't matter what you talk about – the child's language skills grow just by hearing you talk!

2 **Invite speech**

Create situations where the child feels a need to speak. Bring out a fun toy or some tempting food, and let the child say that it wants to have that toy or food.

3 **Use your mother tongue**

Talk, sing and read in your mother tongue. If you use your mother tongue, the child's language skills develop even more. Young children can learn several languages at the same time.

4 **Get the child point to things**

Your child understands many words before it learns to speak. Ask for things that the child can point to. You will then discover how much the child already understands.

5 **Talk about what you are doing**

Talk about what you do together. If you are playing with a train and you talk about the train, it is easier for the child to connect the new words to the item.

6 **Read and talk**

A book can provide a lot to talk about. It also gives you a cosy moment together. Look at the pictures in the book and talk about them together.

7 **Exaggerate your voice and gestures**

Young children enjoy contrasts. They learn more easily if you use your voice and movements to exaggerate and emphasise what you say. Say, for example, "Look! What a big ball!", and show with your voice and hands how big the ball is.

