



OCTOBER MESSAGE OF THE MONTH

“TALK AND SING WHEREVER WE GO,
THAT WILL HELP MY BRAIN TO GROW”



Being a parent is busy! The great thing is that you can support your child to understand, learn and use words while simply going about your normal day. Everyday routines and activities bring with them lots of opportunities for you to chat and interact with your child.

By talking about what you are doing and seeing with your child you are helping them to understand the words you are using and to move towards attempting these words when they are ready.

Top tips for all children:

- ❖ Go for a walk and talk about all the different things you might see. Collect items that you find on your walk and include them in a sensory or art and craft activity.
- ❖ Sing songs as you go about your every day and remember to use actions or gestures while you sing with your little one. Singing can help children learn language and it also can help with changes to activities and be a good distraction or calming strategy.
- ❖ Here are some songs that are great for bathtime: “this is the way we wash our hands... wash our tummies..., wash our toes...” or “5 little ducks”
- ❖ When walking to nursery or school you could sing: “wheels on the bus” or “Old Macdonald had a farm”
- ❖ For parents of children in nappies, this is a perfect opportunity to smile, talk, laugh and sing with your child to help develop their early communication skills. Changing time is great chatting time.
- ❖ Talk about things that are happening as part of children’s daily lives e.g. the weather – you can talk about it being hot or cold, sunny or rainy. You can also talk about the different items of clothing you need for different types of weather e.g. ‘cold’ – hat, scarves, gloves, ‘rainy’ – wellie boots, coat, umbrella
- ❖ Involve your child in your daily jobs such as tidying up & sorting laundry. You can make anytime into chatting time.
- ❖ When you talk to your child, use a variety of words e.g. action words, describing words, feelings

Autumn Scavenger Hunt

To Find



To Look For



Watch our message of the month video below:

[October Video Clip - click here.](#)

Email: helpkidstalk@resurgamtrust.co.uk

Phone: 028 92 670755 option 6

Visit our website: <https://www.helpkidstalk.co.uk>

Check out the Help Kids Talk Facebook or Instagram pages over October for more advice and tips this month!

