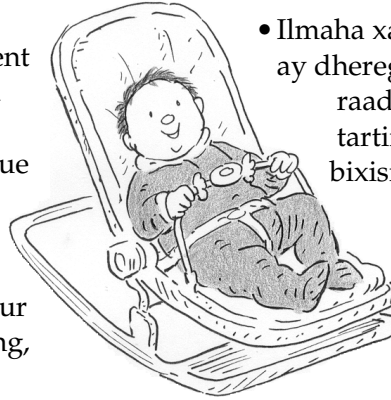


Say hello to your new baby

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 your baby is born she will 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, "That's 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.
- Games are a great way to talk together. You don't need any toys; just each other. Count your baby's fingers and 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.



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Bariidi ilmaha cusub

La hadal ilmaha isla maalinta uu dhashaba, taasi waxay idinka caawin doontaa inaad is barataan, waxayna siinaysaa bilow wanaagsan oo nolosha ah.

- Ilmaha xataa kuwooda jira dhowr daqiiqo, haddii ay dharegsan yihiin ayna feejigan yihiin waxay raadiyaan wejiyada dadka. Isku day inaad si tartiib ah u furtid afka ama carrabka soo bixisid – waxa dhacda in ilmuhu kugu daydo.
- Isla marka ilmuhu dhasho waxa uu ku soo jeesan codkaaga. Isla marka uu dhashaba ilmuhu waxa uu bilaabidhagaysi, sidaas darteed u sheekee
- Ilmaha waxay ku dhashaan dareenno kala duwan; isla marka ay dhashaan wejigooda waxa ka muuqda farxad. Murqaha wejiga ee ilmaha ayaa markaaba kora, waxayna bilaabaan dhoolla-caddayn xooggan.
- Marka ilmuhu doonayo inay hadlaan waxay in badan dhaqaajiyaan afka sidii uu hadlayo oo kale. U jawaab ilmaha adiga oo ku odhanaya sida, "Sheeko wanaagsan ayaad ii sheegtay."
- Dhowr toddobaad kadib, ilmuhu waxa uu ku dhugan doonaa wax badan, waxana uu samayn doonaa hadaaq. La sheekayso adiga oo ka daba oranaya hadaaqa uu sameeyo.
- Ciyaaruhu waa hab wanaagsan oo lagu sheekaysto. Uma baahnid toy, inaad wada joogtaan ayaa muhiim ah. Tiri faraha gacmaha iyo kuwa lugaha ilmaha, ama kilkilee.
- U hees ilmaha xataa haddii aan codkaagu qurxoonaayn. Ilmuhu waa jeclaan doonaa codkaaga, hees kasta aad qaadide.
- Sida dadka waaweyn oo kale ilmuhu mar walba sheekada ma jecla, siiba marka ay hayso gaajo, ama daal. U oggolow inuu nasto.

Quick tips may be photocopied. For more information visit www.talktoyourbaby.org.uk
Talk To Your Baby is an initiative of the National Literacy Trust.

Reference: *The Social Baby* (2000), Lynne Murray and Liz Andrews, The Children's Project: Richmond.