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 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.

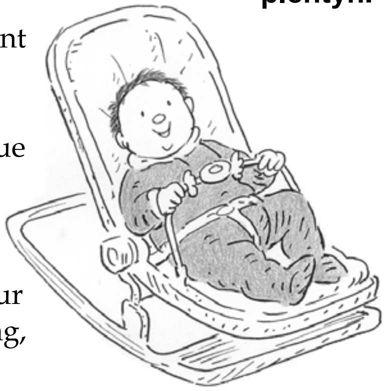
- When your newborn is in the mood to chat he might move his mouth a lot, as if he is talking. Answer your baby by saying something like, "That's a good story you're telling me."

- 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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Dwedwchy helo wrth eich babi newydd

Bydd siarad â'ch babi o'r cychwyn cyntaf yn eich helpu i ddod i adnabod eich gilydd, ac mae'n rhoi dechrau gwych mewn bywyd i'ch plentyn.

- Bydd babanod ychydig funudau oed yn unig, os ydyn nhw'n fodlon ac yn effro, yn chwilio am wynebau ac yn edrych arnyn nhw'n astud. Ceisiwch agor eich ceg yn araf a rhoi eich tafod allan – gallai eich babi eich copïo chi.

- Cyn gynted ag y bydd eich babi wedi ei eni, bydd yn adnabod sŵn eich llais ac yn troi i'ch wynebu. Mae eich babi'n gwrando o'r adeg pan gaiff ei eni, felly, daliwch ati i siarad.

- Caiff babanod eu geni ag ystod eang o emosiynau; o funud eu geni, bydd eu hwynebau'n dangos balchder. Bydd cyhyrau wyneb eich babi yn datblygu'n fuan, a'i alluogi i wenu'n llawn.

- Pan fydd eich babi newydd anedig yn awyddus i sgwrsio, gallai symud ei geg, fel pe bai'n ceisio siarad. Atebwch eich babi trwy ddweud rhywbeth fel, "Wel, dyna stori dda sy' gen ti."

- Wrth i'r wythnosau fynd heibio, bydd eich babi'n edrych arnoch am gyfnodau hwy ac yn gwneud synau cŵan bach. Siaradwch â hi trwy gopïo ei synau.

- Mae gemau yn ffordd wych i siarad â'ch gilydd. Does dim angen teganau; dim ond chi'ch dau. Cyfrwch fysedd a bysedd traed eich babi, neu chwaraewch gemau cosi.

- Canwch wrth eich babi, hyd yn oed os nad ydych yn meddwl eich bod yn swnio'n wych. Bydd eich babi wrth ei fod yn clywed eich llais, ac mi wnaiff unrhyw gân y tro.

- Yr un fath ag oedolion, dydy babanod ddim bob amser yn teimlo fel bod yn gymdeithasol, yn enwedig os oes eisiau bwyd arnyn nhw, os byddan nhw wedi blino neu'n anghyfforddus. Parchwch angen eich babi i gael seibiant

National Literacy Trust — Talk To Your Baby

Welsh translation produced with support from the Basic Skills Strategy for Wales.

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 Murrary and Liz Andrews, The Children's Project: Richmond.