Want to find out more?

For more

information and support, you could try

talking to your:

HEALTH VISITOR

SURESTART
CHILDREN'S CENTRE
 SPEECH

THERAPIST

• Visit your local library for books

and tapes and for children's events

rhymes and songs for babies and

BBC Parents' Music Room has

- www.bbc.co.uk/music/parents

للحصول على هذه المنشورة باللغة العربية الرجاء

Si aad ku hesho nusqada warqad yarahan iyadoo

لطفا برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 7921 0800 080 تماس بگیرید.

الاتصال بالهاتف بدائرة معلومات الأطفال على

af Soomaali ah fadlan telefoon u dir Adeega Warbixinta Caruurta ee 0800 083 7921

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ

ਕਿਰਪਾ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ

الرقم 7921 0800 083 0800

ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

Stories & Music

toddlers

Useful Websites & Organisations

 <u>www.talktoyourbaby.org.uk</u> (the National Literacy Council)

 advice on how to help your baby learn language
 <u>www.elc.co.uk</u> – the Early Learning Centre – advice on toys

Helplines, Advice & Information

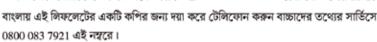
- Manchester Children's
- Information Service
- 0800 083 7921
- www.manchester.gov.uk
- for copies of tip sheets and
- other leaflets, parenting
- courses and local services
- • Parentlineplus
- 0808 800 2222
- www.parentlineplus.org.uk

In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents



Manchester MHS

This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



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اگرآ پ کو پیلیفلٹ اردو میں جا ہے تو چلڈرن انفار میشن سردسز کو 7921 0800 083 پرفون تیجئے۔

如欲索取這傳單的中文版,請致電 0800 083 7921 聯絡兒童資訊服務



TIP SHEET FOR PARENTS OF 0-3 YEAR OLDS

G ddy up Daddy

• Play can be outside

or indoors, active or

sitting down, making

things or make-believe

Language Diagonal Children need to play and

Children need to **play** and **talk**. They learn and develop by doing things and by **exploring** the world around them.

Babies and toddlers learn to speak by **listening** to **you** so talk simply to your child as much as you can.

Enjoy playing with your children. They will love having your company and attention.

You can have **fun** helping them and watching them learn and grow.

 Play feeds
 children's curiosity, teaches them
 concentration and helps them get on with people

How YOU can help

JOIN IN, BUT **DON'T TAKE OVER**

Let your child lead the play - decide what to play, and what they want to happen.

YOU DON'T NEED **EXPENSIVE TOYS**

Young children like playing with cardboard boxes, wooden spoons and other ordinary household objects. They love to copy things you do.

LET THEM PLAY **MAKE-BELIEVE GAMES**

Young children love to dress up, chatter and become another person or animal in their games.

PLAY COUNTING GAMES AT ANY TIME

Count as you climb steps, hang up washing, pass lamp posts.



PLAY HELPS CHILDREN

- Talk and think
- ***** Make friends
- * Share and take turns
- * Gain confidence and self-esteem
- * Discover interests and skills
- ***** Solve problems and learn to manage
- * Cope with rules

CHILDREN LOVE TO PAINT. SCRIBBLE AND DRAW

It helps them to control their hands, get ideas, be creative and become confident. Keep plenty of scrap paper, brightly-coloured crayons and felt tips.

TALK TO YOUR CHILD WHILE THEY PLAY

Show you are interested by telling them what you see them doing and asking them things about it.

HAVE FUN AND GAMES **AS A FAMILY TOO**

Swimming trips, cooking sessions, picnics, outings or playing ball games in the park all help families to talk and laugh together.

DON'T GIVE A DUMMY OR BOTTLE ALL THE TIME If your child always has

something in their mouth they can't practice talking.



SHARING BOOKS AND STORIES

... will help your child talk and listen and get them interested in reading later on.

SWITCH OFF THE TV

Children need to talk to real people and do real things hands-on. They learn language from you, not the telly.

STAY CLOSE BY FOR REASSURANCE BUT DON'T OVER-PROTECT

Many games, such as climbing, teach how far it's safe to go.

DON'T TEASE YOUNG CHILDREN

It's an adult's idea of fun but can worry and confuse young children.

HOW TO BE POSITIVE

* Let them choose what to play ***** Join in and show you're having fun * Change any hard rules to make it easier * Learning to lose takes time – be **tolerant** * Be encouraging -Well done! Good idea! Lovely picture! You kicked that ball really hard! * Stay cool and learn to love mess - use aprons, newspaper or plastic sheets * Let them make mistakes - that's how they learn!