**Connecting and communicating: 0-6 months**

*This video shows a new mum connecting and communicating with her baby. It explains how talking*

*to babies during everyday activities helps learning. Singing, reading aloud, cuddling and holding baby close strengthens your bond and helps baby grow.*

[Mum is breastfeeding and talking to her baby]

Narrator: Communication starts from birth and, when you talk, your baby will listen. At just a few days old, your baby can recognise your voice. When you talk to your baby during everyday events like bathing or feeding, you are helping her learn the sounds and words of language.

[Mum is holding and cuddling the baby]

Narrator: Cuddling and holding your baby close helps her feel secure and loved. It helps

strengthen the bond between the two of you. Cuddles and closeness also help your baby

to grow, physically and emotionally.

[Mum talks to the baby while looking into her eyes and touching her face]

Mum: Joley. Joley. Hello. Did you have a good sleep? Yeah.

Narrator: Focusing your attention on your baby and talking to her, while looking into her eyes and touching her face, lets her get to know your facial expressions and body language as you talk. This helps your baby make the connection between words and feelings.

Mum: Are you still tired? Hello. Boo! Hello. Joley.

[Mum sings to the baby]

Mum: Are you giving me a smile? Look Georgie, she’s smiling.

Narrator: Babies love to be sung to. Nursery rhymes, made up songs, even favourite pop songs. Singing and rhyming are great for teaching early language skills. The more words children hear, the more words they learn.

[The mother sings the ‘Wake up’ song to the baby]

Narrator: Babies love to listen to words and rhymes in a sing song voice.

Narrator: Most babies like it when you repeat words and change the pitch or tone of your voice.

Mum: She’s awake Georgie, look. Are you tired still? Ohhhh.