

Top Tips and Activities to Develop Babble and Sounds

Children learn the sounds of speech gradually. They may not produce all the sounds necessary for English until well into their sixth year.

General strategies:

- ✓ Position yourself so that you are at your child's level and he/she can see your face.
- ✓ Watch for activities and situations which result in your child making sounds e.g. bath-time, meal-time and use these as opportunities to play with sounds.
- ✓ Respond to your child's vocalisations e.g. by smiling or copying what he/she has said.
- ✓ Listen to the sounds in your child's babble and copy them. Give them time to repeat back the sounds again. If they don't just repeat them again yourself!



- ✓ Play with babbling sounds e.g. bee-bee-bee, mumumumum, ner ner ner.
- ✓ Encourage your child to produce sounds as well as making actions and gestures. You may need to give your child a model first for them to attempt to copy. Accept any form of vocalisation initially.
- ✓ Point out and copy noises in your environment e.g. phones ringing, sirens, cars.
- ✓ Greetings- encourage vocalisation when you say 'hello' or 'bye bye'.

Playing with Sounds

- ✓ Try playing with sounds frequently - at least 3-4 times a week, but keep it short as your child may become bored and may be reluctant to continue doing them - 2-5 minutes is ideal.
- ✓ Keep it **fun** to motivate them, and **praise** their efforts, even if they don't succeed.
- ✓ **DO NOT** criticize or make negative comments about their speech as this will decrease their confidence to try again.
- ✓ Try using actions or facial expression to keep it fun.



- ✔ Try practicing in front of a mirror so your child can see how he/she is making the sounds.
- ✔ Show your child how you make the sounds so he/she can copy you.

m	eating something yummy! - 'mmm'
p	bubbles popping - 'p..p..p..p'
b	bouncy ball - 'b..b..b'
t	tap dripping - 't..t..t..t'
d	drum beating - 'd..d..d'
s	snake hissing - 'sssss'
sh	teddy sleeping - 'shhh'
f	fireworks whizzing - 'ffffff'



Other Activity Ideas to Try

- ✔ Play with toys and games which have an element of surprise e.g. jack in a box, peek a boo.
- ✔ Toys which make sounds.
- ✔ Actions, objects, people or animals which can be linked to particular sounds e.g. snake says "ssss", saying "mmm" when you eat something nice, saying "duhduhduh" as you bang a drum.
- ✔ Look in the mirror and make sounds such as blowing raspberries, lip smacking, hissing. Encourage your child to copy.
- ✔ Encourage your child to join in with making sounds in songs e.g. 'The wheels on the bus'
- ✔ Encourage your child to use vocalisations to indicate that they want more of an activity e.g. blowing bubbles.

