



## Top Tips... at home

### Do this every morning when your child wakes up

- Play peekaboo games using a scarf or your hands to hide your face.
- Say things like 'Where are you? There you are!'
  - Gather a few noise-making objects like spoons to bang on saucepans.
- Watch what your child does, copy it and describe what you are doing.
- You could also act out actions in songs.
  - Try clapping your hands to the beat of 'Pat-a-cake, Pat-a-cake'. See if your baby will clap along with you.

## Top Tips... on the go

### When you're out and about

- Be aware of what your child is looking at and describe it. For example, 'Oh, see the dog' or, if looking in a picture book, 'Wow, she's jumping'. Try doing this for a few seconds before their attention moves onto something else.
- Put some everyday items in a bag and get your baby to find what's in there. Talk about what they find and how they feel.

**NHS**

Central London  
Community Healthcare  
NHS Trust