

Strategies To Develop Babble And Sounds

Typically, children start to play with making sounds and then go on to learn that sounds can be used to communicate. You can help your child develop the use of sounds and babble in the following ways. Try to maintain natural and relaxed interaction between you and your child as this will make it enjoyable for both of you.

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'



Specific activities:

- 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 "mmmm" 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.

