

## 0-3 year-olds

### Developing communication skills

**Your child's brain grows and develops the most in the first three years of life. This is the most important time for your child to learn to communicate. Even though your child can't talk properly yet, your child is giving and receiving messages and wants to learn to communicate with you and others.**

Babies are listening even before they are born. They are curious, always looking and interacting with people and things around them. They express their needs, feelings and experiences using body gestures, facial expressions and sounds, such as crying and laughter.

Babies need to see shapes, movement, colours and objects (up close and far away). Babies also need to hear lots of different sounds to develop their listening and understanding of sound. When they babble they are trying to copy you talking, so talk to them as if you are having a conversation.

You can talk to your child in the language you are most comfortable talking in. You can take the cues from your child, sometimes they won't want to interact because they are tired or want some quiet time.

You have the tools to help your child develop:

- Do something fun together
- Listen to your child
- Talk with your child
- Share songs and rhymes together
- Give them lots of different safe things at home to play with
- Let your child know they are doing well
- Go somewhere new together. Have you been to a park, garden, library, beach, farm, museum, art gallery or playgroup?

Talking, singing, playing and doing fun things with your child now will help them develop and be ready to do well at school in a few years, more than the most educational TV show, computer game, phone app, or ipad game.

You don't have to be rich for your child to have a rich learning experience – Toys and books can be borrowed from libraries. Find out about family events and parenting programs near you at: [www.resourcingparents.nsw.gov.au](http://www.resourcingparents.nsw.gov.au)

For more ideas download the Love, Talk, Sing, Read, Play app to your phone from Google Play or the App Store.