

**TALK
& PLAY**

**EVERY
DAY**

Read & rhyme anytime
A helpful guide to early language development



St Helena
Government

Read & rhyme anytime



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Did you know?

- Sharing books and singing songs and rhymes helps your child's language and literacy development.
- Children are often calmed by stories and songs.
- Children have a natural instinct for rhythm. Nursery rhymes have the same rhythm cross-culturally.
- Stories and songs are really repetitive and contain lots of the first words that children use. Repetition helps children to learn new words.
- Pictures and actions also help children learn new words.
- It's never too early to start reading and rhyming with your child.



What to do...

- Read and rhyme together anywhere, any time. You don't need lots of equipment or to be a good singer.
- Use stories and songs to help to calm your child.
- You can make up your own songs to help with daily routines (e.g. sing a song about hand washing to encourage your child to wash their hands).
- Repeat the same stories and songs often, this will help your child to learn new words.
- Use your voice to stress key words or use silly voices to keep it fun and enjoyable.
- Follow your child's lead when reading by talking about the pictures they are interested in. You don't need to read every word.
- Use actions when singing together. Your child may be able to join in with the actions before they can join in with the words.
- Choose books that are appropriate for your child's age. Young children learn best from realistic pictures. Books with flaps, tabs or for the bath are always fun for all ages.



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TOP TIPS

- Sharing books, singing songs and rhyming together helps your child learn language.
- Try making up your own songs and stories with your child.
- You can Read and Rhyme, anywhere, any time.



Further advice and information is available from your local speech and language therapist, child health nurse or creche.

'Talk and Play Every Day' are a series of leaflets written and developed by Guy's & St Thomas' Children & Young People's Community Speech & Language Therapy Service