

Start

TALKING

together



**...giving children
the best start**

**We know that listening and talking means children
can play, learn and make friends**

This leaflet helps you, your partner and family see all the places you can go to help develop your child's language and communication skills.

WHILST YOU'RE PREGNANT

Did you know that from 16 weeks your bump can hear and feel your voices? You and your partner can talk, sing to and stroke your bump.



Your midwife will give you tips about talking to your baby to start building a loving relationship. You can also look at our ideas and information on [**Start Talking Together: Pre-birth | Notts Help Yourself**](#)

From 28 weeks into your pregnancy you might be interested in sessions provided by your local Family Hub Team

[**Find your nearest Family Hub Team | Nottinghamshire County Council**](#) or ask your midwife to find out more.





ONCE YOUR BABY ARRIVES

There are lots of things you can do at home and out and about to help your child's' early communication skills.

Find out more by looking at

[Nottshelpyourself | Start Talking Together](#)



JOIN YOUR LOCAL LIBRARY

Reading aloud and sharing books is good for talking. Did you know that most brain development occurs in the first three years of a child's life?

It's free to join and free to borrow books. Many libraries have free sessions for babies and toddlers where you can spend quality time with your child. All babies receive a free Bookstart pack. Speak to your Healthy Family Team practitioner (health visitor) or Family Nurse, or contact your local library for more information.

Find out more [inspireculture.org.uk](https://www.inspireculture.org.uk)

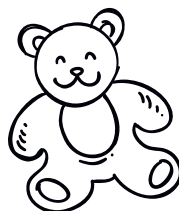
E: ask@inspireculture.org.uk

T: 01623 677 200.



Inspire

Culture | Learning | Libraries



YOUR LOCAL FAMILY HUB TEAM

Your Family Hub Team has lots of groups and activities open to everyone, such as breastfeeding support groups and stay and play.

They also have groups that you can be referred to for more help and support, such as Little Talkers.

Find out more [Find your nearest Find your nearest Family Hub Team | Nottinghamshire County Council](#)

Or telephone **0300 500 8080**



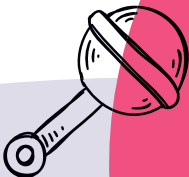
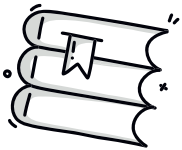
FIND A TODDLER GROUP

Toddler groups are great places to have fun and help your child get used to being around other children and adults.

To find your local toddler group take a look at:

[Parent and toddler groups | Notts Help Yourself](#)

Or telephone **0300 500 8080**



CHILDMINDER, NURSERY OR PRE SCHOOL

An early years setting-childminder, nursery or pre-school- is a brilliant place for children to develop their communication skills.

Don't forget that lots of children, from as young as 9 months old, are eligible for funded childcare places.

Telephone **0300 500 8080** for more details or visit the sites below.

Help with childcare costs: www.nottinghamshire.gov.uk/care/early-years-and-childcare/help-with-childcare-costs



WHAT IF I'M WORRIED ABOUT MY CHILD'S SPEECH, LANGUAGE OR COMMUNICATION?

If your child is in an early years setting, talk to them. They will have lots of top tips for you to try at home. They will also be able to tell you what they are doing to support your child's communication skills and will be able to help you get more support if needed. You can also talk to your early years setting if you think your child may have a special educational need.

If you are worried about your child's health or development, contact your Healthy Family Team who will be able to advise and support you. If you have a Family Nurse talk to them, as they will be able to help you.

You can contact them on **0300 123 5436**

or you can send a text message-Parentline. **TEXT ONLY 07520 619919**

If you live in Nottingham city, look at Ask Lion for more information
[Early Language | Ask Lion - Nottingham City Directory](#)

Take a look at our Best Start for Life offer, with lots of information about advice and support available to you when you are pregnant and whilst you have young children. www.nottshelpyourself.org.uk/beststartforlifeoffer



SUPPORT FROM THE SPEECH AND LANGUAGE THERAPY TEAM



If you are worried about your child’s speech, language or communication you might want to get some advice directly from a Speech and Language Therapist. Call the advice line on 0300 123 3387 (select option one).

You can also take children under four to see a Speech and Language Therapist at a drop in, without a referral or an appointment.

Find a drop in near you
www.nottinghamshirehealthcare.nhs.uk/slt-drop-in-sessions

OUT AND ABOUT

Don’t forget when you’re out and about, keep chatting to your toddler and encourage conversations with others you meet. Saying things like “Look at this orange” or “lots of cars today” will get them “talking” back, whether it’s with sounds, pointing, showing or words.

