

# 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 grow 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. We've also got lots of ideas and information for you here: Start Talking Together: [\*\*Pre-birth | Notts Help Yourself\*\*](#)

For details of the 3 hospital trusts in Nottinghamshire, take a look at:

[\*\*www.sfh-tr.nhs.uk/our-services/maternity/\*\*](http://www.sfh-tr.nhs.uk/our-services/maternity/)

[\*\*www.nuh.nhs.uk/maternity\*\*](http://www.nuh.nhs.uk/maternity)

[\*\*www.dbth.nhs.uk/services/maternity/\*\*](http://www.dbth.nhs.uk/services/maternity/)



Your local Children's Centre Service team has sessions for you and your partner from 28 weeks into your pregnancy. These include lots of useful information and advice to help you prepare for being parents.

For details of your local team take a look at:

[\*\*Find your nearest Children's Centre Service team |\*\*](#)

[\*\*Nottinghamshire County Council\*\*](#)



Or telephone **0300 500 8080**



# ONCE YOUR BABY ARRIVES



## Children's Centre Service

Groups run by your local Children's Centre Service team can give you lots of top tips to help your baby's listening and talking, as well as being great fun

**Open to everyone:** Under Ones Group, Stay & Play Sessions, BABES Breastfeeding Support Group and infant feeding advice

Speak to your midwife, health visitor or a member of the Children's Centre Service Team if you'd like to come along to:

Baby Little Talkers, Baby Massage, family learning courses (PEEP), Parents Help & Emotional Wellbeing (PHEW) Groups, New Parents' Groups, parenting courses.

For details of your local team take a look at

Find your nearest **Children's Centre Service team |**

**Nottinghamshire County Council** Or telephone **0300 500 8080**





## LIBRARIES

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?

Your local library is free to join and free to borrow books. There are also great free sessions for babies and toddlers such as Rattle, Rhyme and Roll and Story Hullabaloo. There are opportunities to learn new skills and take part in family learning courses.

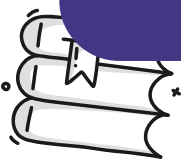
All babies receive a free Bookstart pack. Speak to your Healthy Family Team practitioner (health visitor) or Family Nurse, or contact your local library for more information.

[\*\*inspireculture.org.uk\*\*](http://inspireculture.org.uk)



**Inspire**  
Culture | Learning | Libraries

Find your nearest Inspire library and explore all the events and activities on offer at [\*\*inspireculture.org.uk/libraries\*\*](http://inspireculture.org.uk/libraries)



# TODDLER GROUPS



Toddler groups are great places to have fun and help your child get used to being around other children and adults. Usually run by a group of parents, often in village or church halls, these sessions give your child the chance to play with local children of a similar age.

To find your local Toddler Group take a look at:  
**[Parent and toddler groups | Notts Help Yourself](#)**

Or telephone **0300 500 8080**





## EARLY YEARS SETTING

An early years setting - childminder, nursery or pre-school is a brilliant place for your child to develop their communication skills. Playing with other children, guided by childcare professionals, their communication skills will come on in leaps and bounds. They'll learn how to spend time with other children as part of a group, to build their independence and start to gain new skills, all of which will help them get ready for starting school.

Don't forget - some 2 year olds and all 3 and 4 year olds are eligible for funded childcare places and from April 2024 this will be widened out to more children.

For more information for 2 year olds: [\*\*Funded childcare places for two-year-olds | Nottinghamshire County Council\*\*](#)

For more information for 3 - 4 year olds: [\*\*15 hours funded childcare places for three and four year olds | Nottinghamshire County Council\*\*](#)







# WORRIED ABOUT YOUR CHILD'S TALKING AND LISTENING?

If you are worried about how your child's talking and listening is developing, do speak to your early years setting as they will have lots of top tips for you to try at home. You can also speak to your Healthy Family Team practitioner (health visitor) or Family Nurse if you are worried about your child's health or development.

If your early years setting thinks your child might need more support with communication they can, with your permission, refer you to further help such as Speech and Language Therapy or the Home Talk service (early intervention), which is run for Nottinghamshire County Council for all of the county, including Bassetlaw, by Nottinghamshire Healthcare Foundation Trust.

**What's Home Talk? Home Talk - talking support for 2 year olds | Notts Help Yourself**

**[home\\_talk\\_parent\\_leaflet.pdf \(openobjects.com\)](https://openobjects.com/home_talk_parent_leaflet.pdf)**



If you think your child might have Special Educational Needs or Disabilities, speak to your early years setting. They will be able to signpost you to the right support for your child.



# HEALTHY FAMILY TEAMS

Your Healthy Family Team practitioner (health visitor) has lots of information and advice about child development and will be able to support you, including if you're worried about your child's health. This may include information and support about how your child talks, listens, eats, behaves and sleeps. They can see you in your home, a Children's Centre or another community building. If you have a Family Nurse talk to them, as they will be able to help you.

All children are offered a health and development check by the team around their second birthday. If you and your Healthy Family Team practitioner feel that your child may need more support with speech, language and communication, they can refer you to the Early Intervention and Specialist Speech and Language Service.

Your child's referral will be looked at by Speech and Language Therapists to agree with you the best type of support for your child.







For more information about the Early Intervention county wide service and specialist services for most county areas

**Children's Speech, Language and Communication Support | Nottinghamshire Healthcare NHS Foundation Trust**

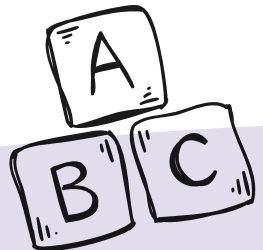
For specialist services in Bassetlaw **Children's Speech & Language Therapy Service - Doncaster and Bassetlaw Teaching Hospitals (dbth.nhs.uk)"**

You can contact the Healthy Family Teams

**0300 123 5436**

or you can send a text message-Parentline.

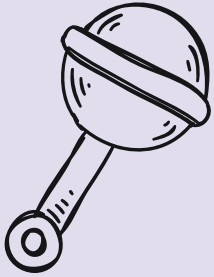
**TEXT ONLY 07520 619919**



# OUT AND ABOUT

Don't forget when you're out and about, keep chatting to your toddler and encourage conversations with others that you meet. Talking about the colour of the fruit in the supermarket, how many cars there are in the car park and other everyday conversations will really make a difference in the words your child hears and learns.





## ON LINE

We've got lots of great resources for you on Notts Help Yourself - all in one place!

Take a look at:

**[Start Talking Togetherpart of the Best Start Strategy | Notts Help Yourself](#)**

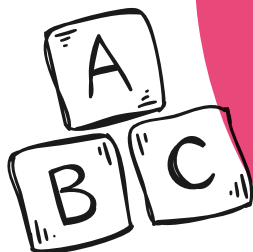


## AT HOME

**[www.nottshelpyourself.org.uk/athome](http://www.nottshelpyourself.org.uk/athome)** has lots of great ideas all in one place, for you to explore at home.

Low cost, no cost play ideas and top tips to help your child's talking can be found at:

**[Learning to talk | 0 to 6 months | Start for life \(www.nhs.uk\)](#)** and **[Children's language development and parenting advice - BBC Tiny Happy People](#)**



## Do you speak more than one language at home?

It's important to talk to your child in the language, or languages, you feel most confident speaking.

Children who speak more than one language babble and say their first words in the same way as children learning one language, but some may do it slightly later. It is important not to confuse this slight delay with language difficulties – most children quickly catch up.

If you live in Nottingham city, look at Ask Lion for more information  
**Early Language | Ask Lion - Nottingham City Directory**