

Say hello to your new baby

Talking to your baby from day one will help the two of you get to know each other, and gives your child a great start in life.

- Babies just a few minutes old, if content and alert, will seek out faces and look at them intently. Try slowly opening your mouth or sticking out your tongue – your baby may copy you.
- As soon your baby is born she will recognise and turn to the sound of your voice. From birth your baby is listening, so keep talking.
- Babies are born with a wide range of emotions; from birth their faces will light up with pleasure. Your baby's facial muscles will soon develop, enabling a full blown smile.
- When your newborn is in the mood to chat he might move his mouth a lot, as if he is talking. Answer your baby by saying something like, "That's a good story you're telling me."
- As the weeks go by, your baby will look at you for longer and make little cooing sounds. Have a conversation by copying her sounds.
- Games are a great way to talk together. You don't need any toys; just each other. Count your baby's fingers and toes or play tickling games.
- Sing to your baby, even if you don't think you sound great. Your baby will love hearing your voice, and any song will do.
- Like adults, babies don't always feel like being social, especially if hungry, tired or uncomfortable. Respect your baby's need to take time out.



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對你的新生嬰兒說話

由出生第一天開始，對你的嬰兒說話有助你們互相認識，這給予你的孩子一生有極好的開始。

- 剛生出的嬰兒如果感到滿足和精靈的話，會找找周圍的面孔，專注的看著他們。你不妨試一試慢慢張開你的口，把舌頭伸出 – 你的嬰兒可能會模仿你這樣做。
- 你的嬰兒出生之後會認出你的聲音，聽到你說話即朝你的方向看看。嬰兒出生後便會注意地聽，所以應時常對他說話。
- 嬰兒有多種不同情緒；由出生開始會露出愉快的表情。其後臉部的肌肉生長，能展開完全的笑容。
- 當你的新生嬰兒有說話的興致，小嘴會不停地翕動，像在說話的模樣。這樣你不妨說「你的故事真動聽呀」以回答。
- 再過一段時間，你的嬰兒會目不轉睛地注視你，發出咕咕聲音。你不妨模仿他的聲音作為與他交談。
- 遊戲是一起談話的極好方式。你不需要有任何玩具，只要彼此為伴便足夠。你可以扳起嬰兒的手指和腳趾點數，或者做胳膊的遊戲。
- 對你的嬰兒哼唱，即使你唱得不大好。你的嬰兒喜愛聽到你的聲音，什麼調子都可以。
- 如成年人一樣，嬰兒不一定喜愛在人群地方，尤其是當餓了、疲倦或感到不舒服時候。應讓你的嬰兒得到休息時間。