

Top Tips for Babble Play

NHS

Shropshire Community Health

NHS Trust



Make **soft, gentle** sounds close to your baby's face. This helps them to **hear** the sounds, **see** your mouth shapes and **feel** your breath on their face

Choose a **quiet time** each day to make sounds with your baby and **be face to face**, such as, during nappy changing and bath time



Copy the sounds your baby makes. If they make a growly sound, **wait** for them to stop and model **gentle front of mouth** sounds
la la la / ba ba ba / da da da

Make **long blowy sounds**, like you are pretending to be the wind on your baby's face or tummy with gentle 'f' 'th' and 'sh' sounds

Leave a short **pause** after you make a sound, to give your baby a chance to **take a turn**

Make **lips together sounds** like 'p' and 'b', remembering to bring your lips together softly



Give a **big smile** or hold a **motivating toy** to your mouth to encourage your baby to look as you make a sound

Make **front of tongue sounds** like a drippy tap 't' and drum 'd', bringing your tongue forward

