



How do speech and language develop?



The first 3 years of life, when the brain is developing and maturing, is the most intensive period for acquiring speech and language skills. These skills develop best in a world that is rich with sounds, sights, and consistent exposure to the speech and language of others.

In the first few days children can recognise their mother's voice

As they grow, babies begin to sort out the speech sounds that compose the words of their language. By 6 months of age, most babies recognize the basic sounds of their language.

Although you can't rush your child's natural development, you can help boost their language skills.

Here's a few things to explore :

Use Real Words

When your child goes 'ba ba', always use proper words Bapa or Daddy and point to the dad. By using real words instead of baby talk, you're helping them to expand their vocabulary.

Watch their Hands

Toddlers around 1 understand a lot more words than they can actually say. "For 1-year-olds, using gestures as nonverbal communication is an important skill you can encourage," says Michelle Macias, M.D., Professor of paediatrics at the Medical University of South Carolina, in Charleston. When your toddler waves at you, chime in with "Bye-bye!" or when they point at something, ask, "Do you want this?" You can also play games with gestures, like pat-a-cake, or make motions with your hands when you sing "The Wheels on the Bus goes round and round" to help them connect the words with the actions.



Read the Right Way

Point to pictures and talk to your baby for e.g. say, "Look at that little boy. Does he look happy or sad?". Even asking what sounds the animals in the pictures make gets them practicing speech skills. Make sounds yourself.

Piggyback Words

Around 18 months, toddlers start using two-word combos to communicate. "Usually, they'll put together an action plus an object, like 'drink juice,' or 'read book. " Teach to string words together by adding one or two: If they say, "Ball," you say, "Big ball" or "Throw your ball." (gesture)

Give them Feedback

When they try to say something, acknowledge their attempt in a positive way. Don't correct their speech. Respond to the content of their message, rather than to how perfectly they say it.

Follow their Lead

If the baby is curious about something, they'll want to know the words that go with it. Pay attention to what's catching their interest and talk about what they are seeing: "That's a cute white cat by the tree."

Change Your Pitch

"Toddlers are starting to add inflection to their voice to ask questions like, 'Out?'". They're also learning that you talk softly when you're indoors and you can be louder outside. Play with funny voices -- such as a gruff bear voice or a squeaky mouse one -- so your child can copy you and practice different sounds and pitches.

Keep It Interactive

Toddlers love music, and singing is a great way to build language. Teach them plenty of simple songs, especially ones that rhyme ("One, Two, Buckle My Shoe") or make lots of sounds ("Old Mac- Donald").





Babies like it when you:

Get down to their level so they can see your face. This tells them that you're interested in what they're doing and saying. It makes it easier to interact with you.

Repeat the sounds they make. Babies enjoy making noises, and like it when you imitate them over and over.

Sing and laugh, especially when you are feeding, bathing, and changing them. Remember to talk to your baby throughout the day about things you do and see - "Mommy's putting on her coat", "That's a big truck"



Tell them the names of the objects they are looking at and playing with. Babies are interested in exploring and learning about new things, and like to hear what things are called.



Building Blocks of a Relationship *Trust Building Between Parent and Child*

Love does not come easy and its foundations are trust and security. Trust, safety and love are interlinked and are very important bricks of the foundation a parent builds for a child's future.

Who hasn't heard of a problematic teenager? Stealing money or someone who lies all the time, seems depressed or is shy or very aggressive?

As a parent, our focus is always resolving the issues but very rarely is thought put behind WHY it is actually happening.

Child psychology focuses on building of the parent child trust relationship from the very beginning, the early years.

It is trust that gives a child an opportunity to feel comfortable and open up and discuss their problems with the first ever friends of their life, their parents and try not to face the biggest milestones of adolescence alone in frustration or by choosing wrong paths.

So here's some tips to help build trust between you and your child early:

1. Respect: Speak with your child with love and respect. No matter how angry or frustrated you are, your voice should sound calm and peaceful.

2. Listen: It is very important to be a good patient listener. This helps develop a feeling of security and importance in a child.

3. Appreciate Honesty: From the very beginning make it clear that you appreciate honesty no matter how bad the situation is or what they have done. Instead of screaming or scolding them at their mistakes talk to them on solutions and appreciate their honesty for admitting to them or sharing with you.

4. Communicate: Spend time communicating with your child on problems and ask for suggestions.

5. Keeping Secrets: Keep some secrets between you and your child even for fun, this makes them confide more in you. If S/he has made some mistake and wants it to be kept a secret, keep it a secret!!

6. Keep your promises: Do what you say and say what you will do.

Making connections with our child should be our highest priority henceforth putting our love in action and giving thoughtful attention to what goes between us is of utmost importance. Remember, the child that may sometimes drive us crazy is still that precious baby we welcomed in our arms.





Developing Fine Motor Skills at Home

Fine motor skills are those skills that require the small muscles of the hand to work together to perform precise and refined movements. Developing these skills are essential for children to be able to perform simple day to day tasks such as feeding themselves, getting dressed, writing and being able to use tools such as scissors.

Here are a few activities that can be done to help your child to develop these skills:

1. Using different tools to mould and manipulate playdough such as plastic forks and knives and rolling pins
2. Threading beads onto string or pipe cleaners
3. Using tweezers to pick up small items such as buttons
4. Using paint brushes and sticks to create marks in a tray of flour or shaving foam
5. Pegging clothes onto a washing line
6. Having a range of different writing tools for your child to experiment with such as different sized and coloured paper and pens



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