

Communication with babies and children: why it's important

From birth, warm, gentle and responsive communication helps babies and children feel safe and secure in their worlds. It also builds and strengthens relationships between parents/carers and their children

To grow and develop skills, children need safety, security and strong relationships, so **communicating well with children is essential to development.**

Good communication with babies and children: what is it?

Good communication is:

- giving your baby or child your full attention when you're communicating with each other
- encouraging your child to talk with you about what they're feeling and thinking
- listening and responding in a sensitive way to all kinds of things – not just nice things or good news, but also anger, embarrassment, sadness and fear
- focusing on body language and tone as well as words so you can really understand what your child is trying to express
- using your own body language to show that you're interested in what your child wants to share with you
- taking into account what your child can understand and how long they can pay attention.

You can develop and encourage good communication from birth by talking a lot to your newborn and leaving pauses as though you were having a conversation. When baby starts making noises and babbling, babble back, wait and see whether you get a response.