

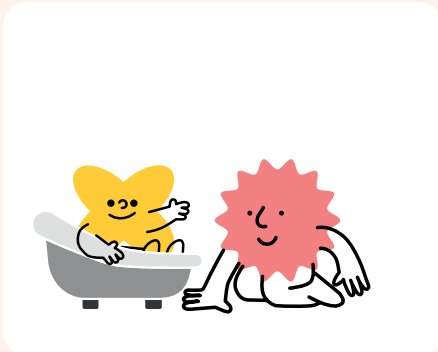
# 5 GOLDEN RULES FOR COMMUNICATION



## Bolton Family Hubs

### Eye to Eye

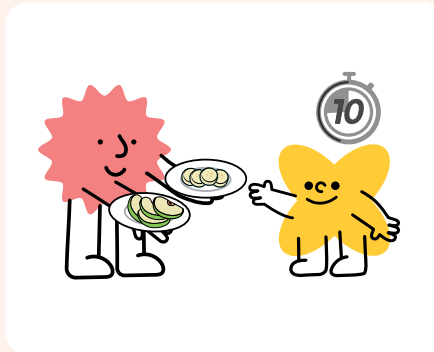
Get down on the child's level so you can see their face and they yours.



Kneel during bathtime, sit on the floor with your child or sit your child on your knee.

### 10 Seconds

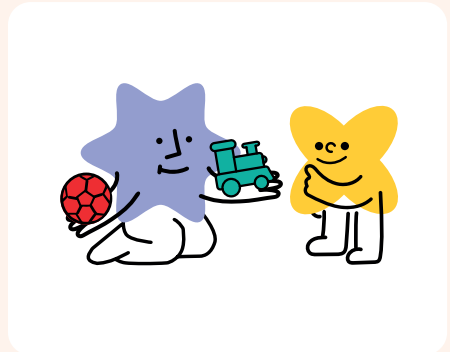
Wait 10 seconds, watching and listening to give the child a chance to take a turn.



Count to ten slowly in your head.

### A or B

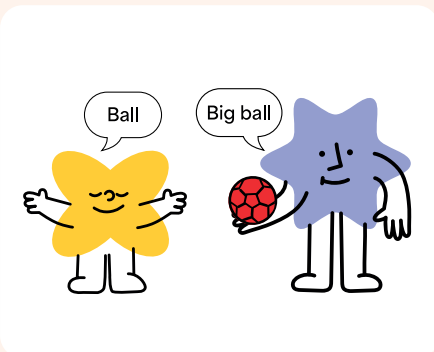
Offer choices as often as possible throughout the day. Show and name the alternatives.



For example, "Do you want ball or train?"

### Model and Extend

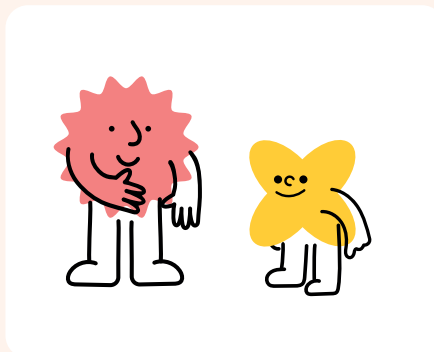
Whatever stage a child is at, repeat what they do or say and add one word.



For example, your child points to a ball, you say "ball". Your child says "ball", you say "big ball". They say "big ball", you say "yes, big red ball".

### Actions Speak Louder than Words

Use actions, facial expressions and tone of voice to help children understand and make new words stand out.



For example, rub your tummy and say, "are you hungry?"

### Amazing Facts

At just 6 weeks, babies can tell when someone has a cheerful voice or an annoyed one.

Storytelling and nursery rhymes build connections in children's brains, and their brains grow at an amazing rate at this age. By their first birthday, a child's brain is already 60% the size of an adult's.

Being bilingual is an advantage! Children who learn more than one language have more connections and activity in the memory, attention, and language areas of the brain.

Scan the QR code for videos



For in-depth advice on nurturing child communication, reach out to the Bolton Early Years Communication and Language Development Service (EYCLDS).  
Tel: 01204 338349 | Email: EYCLDS@boltonft.nhs.uk