



Family Talk: Using the 14 Talking Tips at Home

Hello families,

We're in our first week of the LENA Grow program! As part of the program, we are using LENA's **14 Talking Tips**. These tips show simple ways to increase conversational turns with your child. Use them at home during any daily routine such as meals, reading, or playing. Any time is a good time to talk!

Even if your child is not using complete words yet, they can use sounds and actions to communicate with you. These interactions are the building blocks of talk.

Post these tips in a common area so all adults (and even older children) can use them.

Conversational Turns

Back-and-forth talk between an adult and a child. Any speech-like sound, such as babbles or words, counts as a turn.

The 14 Talking Tips

Use these tips to increase words and turns when talking, reading, or singing with a child.

1. **Talk about** what you're doing and thinking.
2. **Comment on** what they're doing or looking at.
3. **Name things** that they're interested in.
4. **Get down to their level:** face to face.
5. **Touch, hug, hold.**
6. **Tune in and respond** to what they look at, do, and say.
7. **Wait for their response.**
8. **Imitate them,** and add words.
9. **Make faces, use gestures.**
10. **Take turns** – don't do all the talking.
11. **Repeat and add** to what they say and do.
12. **Follow their lead,** do what interests them.
13. **Encourage them,** be positive.
14. **Be silly!** Relax and have fun!

