

## **Narrate Your Life: The "Why" behind the "What"**

To a child, the world is full of mysteries. By explaining your daily actions, you teach them logic and new concepts.

For Example:

- At the Post Office: "I'm sticking this stamp on the corner because it's like a 'ticket' that pays the postman to carry our letter far away."
- At the Shops: "I tap my card on this screen because the computer talks to the bank and tells them to send the money for our food."
- In the Kitchen: "We wait for the water to bubble because that means it's hot enough to cook our pasta until it's soft."

## **Feelings & Routines**

Giving your child the words for their emotions helps them manage their behaviour. Talking through routines makes them feel safe and confident.

- Naming Feelings: "I can see you are feeling frustrated because that tower fell down. It's okay to feel that way."
- Talking through the Day: "First we put on our shoes, then we grab our bags, and then we walk to the park. What do you think we will see first?"
- Stories are a great way to help children understand feelings.



Every word you speak is a building  
block for your child's future.  
Keep talking, keep reading, keep listening.

## **A Parent's Guide to Communication & Language for Young Children**

# **Building their world with words**



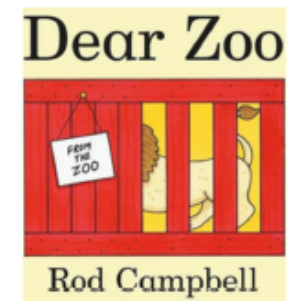
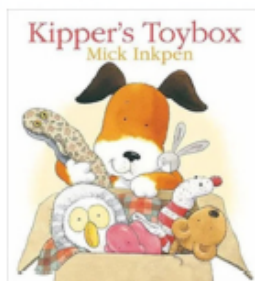
## The Magic of Daily Stories

Reading to your child is one of the most important things you can do to prepare them for school and life.

Reading several books a day is proven to have a great impact on children's language development. If you only have time for one, make it the bedtime story. It creates a bond and a calm routine.



@lennindy



**The "Million Word Gap":**  
Research shows that children who are read five books a day enter the Early Years Foundation Stage having heard about 1.4 million more words than children who were never read to. Even reading one book a day puts them ahead by nearly 290,000 words!

Every story introduces new "rare" words they don't hear in everyday conversation, expanding their vocabulary and helping them understand the world.

## The Art of Conversation

Your child is a sponge. Holding a genuine conversation is how they learn to think and express themselves. It's not just about talking at them, but talking *with* them.

- **Be Present:** Get down to their eye level. When they speak, give them your full attention.
- **Ask "Open" Questions:** Instead of "Did you have fun?", try "What was the best thing that happened today?"
- **Show Genuine Interest:** React to their stories with "Wow!", "Tell me more about that," or "How did that make you feel?"