



# Your baby is always listening. Are you talking?

Little brains need lots of loving words to grow and thrive. Just like a baby needs good food to grow a healthy body, they also need good words to grow a healthy brain. All you have to do is talk, interact, and engage with your baby every day. By talking, reading, singing, and playing with your baby, you help develop your baby's brain!

The most effective action parents can take to increase their baby's educational success and opportunities in life is to talk with their baby.

## The Talk With Me Baby Initiative

Talk With Me Baby (TWMB) is a statewide collaborative that promotes babies' healthy brain development and builds their language skills. TWMB encourages parents to talk, sing and read with their babies and supports literacy.

A Georgia Department of Public Health (DPH), WIC project, Talk With Me Baby also promotes sharing information on healthy food choices and good nutrition.

## Talking is Teaching

Scientists have found evidence proving that the more words and sounds your baby hears and loving interactions she receives, the faster she'll learn to talk and read.

## Talk Early, Talk Often

There is no set time to begin talking with your baby, and it's never too early to start. In fact, many parents talk with their babies while they're still in their mothers' wombs. Although it's never too early to start, you can run the risk of waiting too late.

At about four months, babies begin to copy the sounds of languages they hear regularly and use gestures and facial expressions to talk with adults. This back and forth communication builds your baby's brain and the social skills he will need later on. That's why it's critical to begin talking with your baby early.

## Narrate Your Day

The easiest way to talk with your baby is to talk about the things you're doing at the moment. Feeding times or trips to the store are great times to talk about the nutritious food you're feeding her.

## Tips for Talking With Your Baby

- Talk with your baby every day in whatever language you use to say "I love you."
- Use and repeat lots of words with big facial expressions to emphasize what you say.
- Show your baby letters and words.
- Talk about the things you do and see.
- Pause after you talk with your baby to give her a chance to respond with a smile or gesture.
- Use mealtimes as a time to talk with your baby and tell them about all the yummy food they're eating.

*"Apples are yummy! Apples are a fruit. Fruits are part of a healthy diet."*

*"These sweet potatoes are so good! A sweet potato is a vegetable. Vegetables have lots of vitamins."*

## Learn More

Learn more about Georgia WIC and the nutritious food options we provide by visiting [wic.ga.gov](http://wic.ga.gov) or calling 1-800-228-9173.



**TALK WITH ME BABY**  
Learn more at [TalkWithMeBaby.org](http://TalkWithMeBaby.org)