

# THE 14 TALKING TIPS

Use these tips to increase words & 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!

LENA<sup>®</sup>

**Early talk shapes a child's life. LENA shapes early talk.**

Visit [LENA.org](http://LENA.org) to learn how our programs put powerful data in the hands of families and teachers to improve outcomes for children.

# Did you know? In the first few years of life...

- Early language exposure, in particular interactive talk, is one of the strongest predictors of brain development.
- One million new neural connections form in a child's brain every second, according to the Center on the Developing Child at Harvard University.
- The amount of conversational turns children experience correlates with their brain activity and brain structure, and has been shown by new research to be predictive of IQ and language skills in adolescence.

## Early language programs powered by “talk pedometer” technology.

LENA's wearable technology provides feedback on talk to parents, caregivers, and teachers, to help prevent learning and opportunity gaps. Through our work with thousands of children and families, we've developed research-based programs to meet your initiative's needs:

LENA  
GROW™

LENA  
START®

LENA  
HOME™

Transform interactions in child care through job-embedded professional development.

Build school readiness and strengthen families with parent-group classes.

Add an early-language focus to any home-visiting program.

To learn more, visit us at

[www.LENA.org](http://www.LENA.org)

or email us at [info@lena.org](mailto:info@lena.org).