



Bletherin an playin wi yer bairn

Bletherin thegither: bump tae bairn

Yer bairn has been communicatin frae day ane an it helps them become mair confident an resilient as they grow up.

Tips for bletherin thegither

- Listen, watch an respond tae their soonds an expressions.
- Use a sing-song voice – they love it, an it helps them tune in.
- Be face tae face – bein at their level helps them feel seen an safe.
- Copy their soonds an gesturs – it shows ye're listenin an builds trust.

Find mair advice an tips at parentclub.scot/chatting-with-baby



Play disnae hae tae be perfect

It's ordinar tae wonder how best tae play wi yer bairn, specially yer first ane. But here's the guid news:

Ye dinnae need tae be a "natural" or hae special skills. Aw yer baby really wants an needs is yer time, yer communication, yer face – an yer love.

Why play maitters

- **Builds yer bairn's brain.** Ivery smile, song or cuddle strenthens brain connections.
- **Helps yer baby feel loved an safe.** That's the foondation for learnin an growin.
- **Supports talkin, movin, thinkin.** E'en wee games help develop language an coordination.
- **Brings ye closer.** Play is how bairns learn tae trust an connect wi ye.

Simple play ideas



Easy activity	Whit it daes
Copy yer bairn	If they mak a noise or movement, try copyin it. They'll love it!
Sing a wee sang	E'en if ye think ye cannae sing – yer bairn loves yer voice.
Peek-a-boo	A fun wey tae help yer baby understand the world (and it's braw fun).
Gentle touch	Tickle their tae, stroke their hair – helps wi bondin an comfort.

Whit if A feel daft?

That's totally grand. Mony parents dae. But mind:

- **Yer bairn isnae judgin ye.** They think ye're amazin, juist as ye are.
- **Ye can stert smaw.** E'en ae minute o play maitters.
- **Yer confidence will grow.** Like onythin new, it gets easier ower time.

Top tips for parents

- **Follae yer baby's lead.** If they smile, look or reach, that's them "playin".
- **Use everyday moments.** Bath time, nappy changes or walks can aw be playfu.
- **Ye dinnae need tae be entertainin.** Juist bein there is enough.
- **Ask somebody tae show ye.** It's aw richt tae speir yer health veesitor, a freend or group.
- **Be kind tae yersel.** There's nae "richt" wey, juist wee, carin moments thegither.
- **Be chuffed when ye mak yer bairn giggle** or when they learn somethin new frae ye.

For tips on usin the items in yer baby box for play, visit parentclub.scot/baby-box-items

