



# MS RACHEL'S TIPS

## for Language and Brain Development!



Ms Rachel is excited to share these tips with you!  
Remember, the best way for a child to learn is from  
interacting with their caregiver . . . YOU!

- ★ Play interactive games like peekaboo and pat-a-cake.
- ★ Narrate your day and talk with your child.  
For example, "I'm changing your nappy!"
- ★ Sing songs to your child. Try songs with simple gestures  
such as "The Wheels on the Bus".
- ★ Read to your child.
- ★ Play on the floor with your child.
- ★ Have your child fill in phrases they know, such as  
"Ready, set . . . GO!" and words to songs they know,  
such as "The wheels on the . . ."
- ★ Speak "parentese" (singsongy, in a high tone, and with  
elongated vowels and enthusiasm).
- ★ Engage in pretend play.
- ★ Label your feelings. For example, "I'm frustrated.  
I'll take a deep breath." Or "I'm so happy!"
- ★ Have fun with sounds!  
Make vehicle sounds.  
Make animal sounds.

Grab a copy of **Ms Rachel and the  
Special Surprise** for more tips and fun.

