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Health Board

## Babble Bag Instruction Leaflet



Y Ganolfan Cymraeg i  
**Wefus a Thafnod Holtt**  
The Welsh Centre for  
**Cleft Lip & Palate**

Speech and Language Therapy  
Morrison Hospital, Swansea, SA6 6NL  
Telephone: (01792) 703854

<https://sbuhb.nhs.wales/hospitals/a-z-hospital-services/cleft-team/>

This babble bag is designed for you to start babbling with your child. The toys in this bag are not age appropriate for your child so it is very important that you supervise your child at all times when using the bag or any of its contents.

### **Top tips for Babbling**

Remember to use quiet, gentle sounds.  
Use the sounds at the front of your mouth, these include

'p', 't', 'f', 's', 'th' and 'sh'.

Hold a toy/object of interest close to your mouth so your child watches your lips and tongue when you make the sound.

Choose a quiet time of the day when there are few distractions, turn the telly off and spend 10 minutes daily babbling with your child.

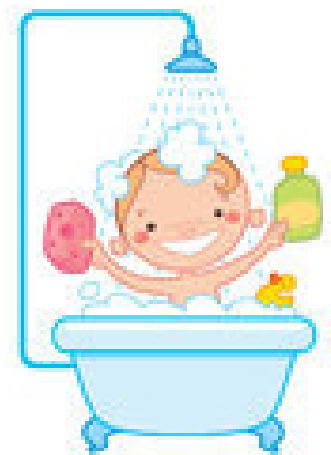
Have fun!



## Bubbles



- ◆ Blow the bubbles and catch a bubble on the bubble wand. Make the bubble wobble by gently saying 'ppp' or 'th' behind the bubble.
- ◆ Blow the bubbles into the air and say 'p..p..pop' as you pop the bubbles. You could also say 'up', 'up' as the bubble floats away.
- ◆ If your child has bubbles in their bath, scoop up a handful of bubbles and 'make it snow' by gently saying 't..t..t' or 'shhh' behind the bubbles.



## Cotton Reels and Lace



- ◆ Bounce the cotton reel down the lace and use a short sound each time you jerk the reel e.g. 'p..p..p', or 't..t..t'.
- ◆ Smoothly but slowly slide the cotton reel down the lace saying a long sound such as 'ffffff', or 'th', or 'shhh'.
- ◆ Play with the loaded lace. Drag the lace along the floor and pretend it is a snake, say 'sssss'. Pretend that the snake is chasing your child's toes. Say 'sssss' as the loaded lace approaches your child and say 'ttttt' signalling that the 'snake' has caught/eaten/tickled your child's toes.
- ◆ Spin the loaded lace and say 'shhhh' as the lace moves around and around.
- ◆ Tip the lace allowing the reels to slide to the end of the lace. As the cotton reels move put a sound with the movement such as 'ffff'.
- ◆ Tap the cotton reels together and say 'tttt'.
- ◆ Make a tower with the reels, count the reels and say 'push', 'crash', or 'bump' as the reels are pushed over.

**Song:** move the loaded lace to the actions of wheels on the bus.

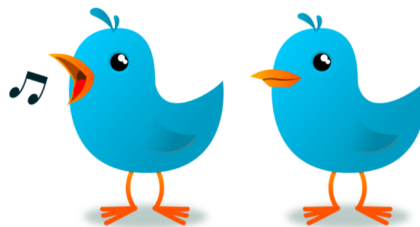


## Finger Puppets



- ◆ Put the puppets on your fingers and hide them behind your back or a cushion. Jump the puppets out and say 'peepo'.
- ◆ The puppets can jump towards your child saying 't..t..t..t' and as they reach your child they give a big tickle.
- ◆ Pretend to feed the puppet. Say 't..t..t' as the puppet eats, and say 'ta' when the puppet has finished eating. What a polite puppet!
- ◆ The puppets may get tired so put them to sleep and say 'shhh'.
- ◆ The puppets may get energetic, make the puppets hop and say 'hop..hop'. Tell the puppets to 'stoppp'.

**Song:** Use the two puppets to act out 'two little dickey birds'.



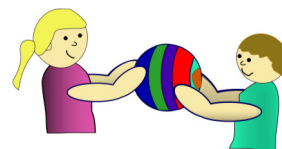
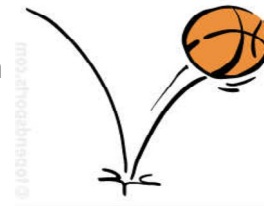
## Windmill

- ◆ Gently blow to make the windmill rotate. Use 'th', and 'f' sounds to make the windmill rotate quickly. Use 'p' and 't' to make the windmill rotate slowly.
- ◆ Take the windmill into the garden on a windy day and watch the windmill turn say 'shhhh' as the blades spin.



## Flashing Ball

- ◆ Use a 'magic' sound to turn the flash on, for example say 'p,p,p,p' before making the ball flash.
- ◆ Once the ball is flashing, watch the ball and make a sound for every flash. For example say 't,' at each flash.
- ◆ Play with the ball, bounce it on the floor and say 'p' on each bounce.
- ◆ Throw the ball and catch it, say 'up', 'up'.
- ◆ Roll the ball to your child and make a long sound such as 'f', 's', or 'sh'. You can make just one sound, or alternate between the sounds. Encourage your child to roll the ball back to you.



## Pop up Puppet



- ◆ The puppet can play 'peepo', peeping out of his cone, and hiding again, remember to say 'peepo' as it pops up.
- ◆ Call the puppet to make him peep up. You could simply tell the puppet 'up', 'up', or name the puppet. Think of a name with front quiet sounds like 'Poppy', 'Pippa', 'Toby', 'Fifi' and so on.
- ◆ Pretend the puppet is sleeping by pulling it down into the cone. Tell your child " 'shhh' the puppet is sleeping." And continue the game by waking the puppet. You can wake the puppet by pretending to be an alarm clock, say "tick tock, tick tock, tick tock ..... beep, beep, beep." Make the puppet jump up saying 'up' or 'peepo'. Alter the number of times you say tick tock and your child will enjoy the anticipation of waiting for puppet to jump up.

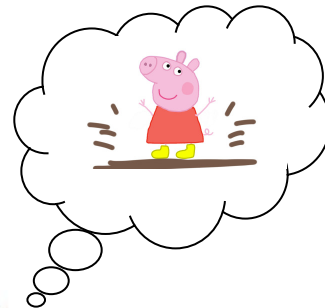
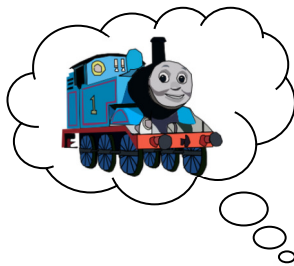
**Rhyme**: 'jack in the box', and 'peekaboo' while playing this game.



## Book



- ◆ Reinforce the front quiet sounds using a book. You do not need to read the words of the story every time you look at a book, you can also take time to look at the pictures. There might be a dog saying 'woofffff', a cat saying 'ppurr', you could 'ttttickle' the boy, and so on.
- ◆ Character names with front quiet sounds include; peppa pig, postman pat, Thomas the tank, peso penguin, Mr. Tumble and so on.
- ◆ Count the pictures emphasising the front quiet sounds 'one, tttwo, thhhthree, fffffour, fffive', and so on.
- ◆ If you read a story up stairs at bed time, while climbing the stairs say 'up, up, up'.



## Extra Ideas

To keep babbling interesting for you and your child, why not do it in different environment such as:

- ◆ **in the park** - your child may go 'woosh' down the slide, say sea saw sea saw while they ride the sea saw, if your child likes the swing, stand in front of them when you push them and say 'pppppp', or 'thhhh'



- ◆ **mirror play** - show your child funny faces in the mirror, e.g. tongue out, kissy lips, big smiles. Talk about your eyes, nose, lips, tongue and teeth while you look in the mirror, and encourage your child to find their eyes, nose, lips, and so on. Play with sounds, show the child your tongue and say 't..t..t' or 'thhh', show the child your lips and say 'p..p..p', show your child your teeth and say 'ffff'.



Anyone can babble with your child, encourage mum, dad, siblings, grandparents, nursery teachers, child minders to babble with your child.

Your child needs to hear each sound hundreds of time before they are happy to try and make the sound. Your child will not imitate the sound at first, but keep showing them how to produce the sounds and eventually they will.

Do not give up, and have fun.

If you have any questions, queries, or require more information, please contact the Department:

Telephone: (01792) 703854

Monday to Friday (excluding Bank Holidays)

8.30 am to 4.30 pm

An out-of-hours answering machine is available

Please scan the QR code below to watch the video



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