



SAMPLE



Parentese vs. Baby Talk

- Research demonstrates that regardless of the home language, babies are more responsive to Parentese than any other language style.
- Parentese works because it's a social hook for the baby's brain — its high pitch and slower tempo are socially engaging and invite the baby to respond (I-LABS @ University).
- Using exaggerated gestures and expressions help to hold baby's attention and helps them process sounds and meanings of language.



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

Parentese, or child-directed speech, activates baby's brain, gets and holds their attention and helps them learn language.

Coaching Parents

- *Parentese is using a "sing-songy" tone, higher pitched voice, elongated vowels and exaggerated gestures and facial expressions.*
- *Parentese helps get and hold baby's attention.*
- *It's best to use real words, talk in complete sentences and avoid babbling, like saying "goo-goo, ga-ga," to build your baby's vocabulary.*
- *Practice using short, simple and complete sentences.*
- *Repetition is good!*
- *Coupled with Serve and Return, Parentese creates a conversational exchange between parents and babies that promotes language development.*

The Big Picture

- *Model Parentese whenever you talk with babies.*
- *Encourage your co-workers and support staff to use Parentese and explain why.*
- *AIDET Tip: Introduce yourself to babies at each encounter and use Parentese.*
- *Congratulate and celebrate parents and co-workers when Parentese is being used when talking with babies.*
- *Document your parent coaching, and Parent/Caregiver use of Parentese in Epic:*
 - *Coaching Concepts Taught: Explained and Demonstrated Parentese.*
 - *Mom is Observed Talking to Baby on Her Own? (Add a note about her use of Parentese.)*

Developed in Georgia, Talk With Me Baby (TWMB) is a collaborative initiative that supports families and caregivers to talk, read, sing and play with their babies to promote healthy early brain development and advance language skills.



Want to learn more? Contact us at talkwithmebaby@gmh.edu.



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Use AIDET for happy families & SMART babies!

AIDET is a perfect way to engage families in conversation about their baby's brain and language development, increase compliance and improve clinical outcomes overall!

A	Acknowledge	<ul style="list-style-type: none"> • Greet by name, make eye contact, smile and acknowledge EVERYONE in the room. • Be sure to have a conversation with the baby at every contact. • Talk about the baby's reaction to conversation.
I	Introduce	<ul style="list-style-type: none"> • Introduce yourself with your name, role and experience. • Share your experience helping parents with their baby's brain and language development and how that will help set them on the path to being good readers, starting now.
D	Duration	<ul style="list-style-type: none"> • Give an accurate time expectation for your visit with them and what they can expect next. • Be sure to allow time for demonstrations or questions about early brain and language development.
E	Explanation	<ul style="list-style-type: none"> • Explain step-by-step what to expect next, answer questions and let the patient know how to contact you. • Explain that LOTS of language is best for early brain development, share techniques for getting baby's attention, and point out the signs that baby is listening and responding. • Encourage them to speak with baby in their home language and that face-to-face interaction is best (avoid screens). • Use your TWMB SMART Badge Tag for additional coaching suggestions. • Share available resources for language development (e.g., apps, videos, books, etc.)
T	Thank you	<ul style="list-style-type: none"> • Thank the patient and/or family members and express gratitude for choosing Grady and for their attention and cooperation. Thank family members for supporting Mom & Baby. • Express confidence in them in their role as their baby's first and best teacher!

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Building Resilience and Secure Attachment

Resilience is the ability to overcome serious hardship. Resilient children most often have at least one secure caregiver relationship.

Three types of stress:

- Positive stress is a normal and essential part of healthy development; the body's stress response is mild in association with occasional and brief trying situations, i.e., getting immunized or adjusting to a new caregiver.
- Tolerable stress involves greater activation of the body's alert system in response to moderate, longer-lasting hardship, i.e., loss of loved one, natural disaster or frightening injury. Baby's brain and other organs can recover from moderate stress with responsive adult relationships.
- Toxic stress activates the body's alert system in response to severe, frequent and/or prolonged hardship, i.e., physical or emotional abuse or chronic neglect. Toxic stress disrupts development of the brain and other organ systems.



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

Families are equipped to raise resilient and secure children. Show them how!

Coaching Families

- *Model and encourage loving, serve & return conversations to help babies feel secure & calm*
- *Teach parents to recognize and acknowledge baby's cues - responsive interactions help baby cope with stress, keep calm and develop resilience*
- *Encourage parents to frequently talk, read, sing, and play with baby - everyone calms down!*

The Big Picture

- *To document coaching parents on resilience in Epic, choose: Greeting baby with every encounter; Serve & Return; Use of Loving Words; and/or Refrain from using harsh words*
- *Reference the TWMB Parent Information Sheet in the discharge packet*
- *More info on Toxic Stress:*



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Early Brain Development and Learning

- At birth, a baby's brain has 100 billion neurons.
- By the time a baby turns 3, their brain is 80-85% the size of an adult brain!
- Rapid brain growth occurs because the cells in the brain talk with one another (using synapses) to create brain circuits.
- Babies' interactions within their environment, helps to create synapses and circuits, which forms the foundation for all future learning!

Visit the TWMB Grady Health Professionals YouTube Channel for more information.



*Babies' brains change the most in the first 3 years of life.
Quality interactions using lots of words are the best catalysts for growth!*

The Big Picture

- *Make a habit of recognizing all the coaching moments you have throughout your daily interactions with families.*
- *Use TWMB resources to enhance and structure conversations (e.g., Bulletin Boards, Badge Tag, etc.).*
- *Include the TWMB AVS with every discharge packet.*
- *Be specific when you document what you share with families and how they respond.*



For a deeper dive, check out this 2 min video: *"Experiences Build Brain Architecture"* at www.youtube.com/watch?v=VNNsNg1jkws

Coaching Parents

- *Using lots of language nourishes baby's brain health, social attachment and language development.*
- *Talking, reading, singing and playing with babies help accelerate their brain development.*
- *Talking with babies as early as the 3rd trimester helps families get comfortable doing it. Encourage families to practice early & often.*
- *Engaging in quality conversations take care of quantity. Loving conversations increase the number of words babies experience.*
- *Remind parents that they are their baby's first and best teacher! They've got this!*

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Nourish Baby with Loving Words

Babies showered with loving words and interactions form more secure attachments and know more words by age 3. Loving words can be:

Acknowledgements: recognize the baby is present and an important part of your world, e.g., 'I hear you talking with me', 'I see you smiling' or making eye contact with and/or soothing baby

Encouragements: support and inspire babies to be active agents in their world, e.g., 'What do you want to talk about?', 'Keep trying!' or with a big smile say, 'That's my amazing baby girl!'

Discouragements: deter babies from doing something, e.g., 'Don't do that', 'Be quiet', 'Come back' or turning away from/ignoring baby. **Harsh Discouragements** use angry voice, gestures or foul language to limit baby while **Loving Discouragements** use attention-getting voice or gestures to keep baby safe.



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

Use loving words, phrases and gestures to keep baby feeling safe, nurtured and loved.

The Big Picture

- *Knowing many words by age 3 gives babies more ways to express their thoughts and feelings and better prepares them for school and learning to read.*
- *Encourage support staff to acknowledge the baby at each encounter.*
- *Document coaching on using loving words in Epic. Consider: Greeting baby with every encounter; Use of Loving Words; and/or Refrain from using harsh words.*

Coaching Families

- *Encourage families to acknowledge baby at every encounter.*
- *Coach families to use acknowledgements and encouragements more than discouragements as they shower baby with loving words – it will not spoil them!*
- *Teach the difference between harsh and loving discouragements; share the dangers of the sustained use of harsh words on brain development.*

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Serve and Return Interactions: Asking Questions



- Responsive interactions are full of serve and return (back-and-forth) exchanges using both verbal and nonverbal communication.
- The number of conversational turns (switching from one speaker to another) a baby experiences helps develop their vocabulary. A child's vocabulary at age 3 is a key indicator of future language and literacy achievement.
- Asking questions helps to get baby prepared to engage in multiple conversational turns.
 - Closed questions: can be answered with one or two words and teach turn-taking and cadence of conversations, e.g., 'Did you see what daddy did?'
 - Open-ended questions: need more than one or two words to answer and help children think critically and express their own thoughts, e.g., 'What is making you so happy today?'

Visit the TWMB Grady Health Professionals YouTube Channel for more information.

Asking questions shows children that their thoughts and feelings are important and helps strengthen their foundation for all future learning.

The Big Picture

- Try to engage everyone in the room in serve and return conversations with baby.
- To document coaching parents on serve-and-return in Epic, choose: 1) Explained Serve and Return Interactions and/or 2) Mom observed talking with baby on her own.

Coaching Families

- When interacting with baby, ask questions, pause for response (sounds, movement, eye contact), then answer the question.
 - 'Are you ready to eat? <pause> I see you sucking on your fist! Let's get you back to mom so you can eat.'
- Coach families to use loving words, facial expressions, eye-contact, gentle touch, movements and parentese when having conversations with baby.
- Teach families the importance of asking questions and using more open-ended questions as baby's language develops.

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Recognizing Baby's Cues More Serve & Return

- **Responsive Interactions** are back-and-forth verbal and nonverbal communication and are critical for children's brain, language and socio-emotional development.
- The way children communicate their needs, wants and dislikes change as they grow and develop new skills.
 - Newborns mainly use crying, cooing, body posture and eye-contact to communicate
 - Infants also use facial expressions like smiling and movements of the arms, legs and head
- Early intervention is crucial for children who show delays in normal communication development.



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

Noticing and responding to babies' cues lets them know they can count on you and that they are loved!

Coaching Families

- *Notice, acknowledge and respond to baby's signals at each interaction with the family*
- *Show how to tune-in and respond to their baby's communication*
- *Use exaggerated facial expressions, parentese, eye-contact and gentle touch*
- *Explain the importance of following-up on hearing screening recommendations*
- *Encourage families to contact their physician immediately if they ever suspect their child is not showing good growth in communication skills*

The Big Picture

- *Engage everyone in responsive interactions with baby*
- *Have a few video examples of responsive interactions ready to share with families from social media*
- *To document coaching parents on recognizing baby's cues in Epic, choose 1) Explained Serve and Return Interactions and/or 2) Mom observed talking with baby on her own*

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Parents are Baby's First and Best Teachers

- The quality and quantity of words baby hears in their first 3 years of life correlate to their vocabulary at age 3, which is a strong predictor of their future academic success
- The neural circuitry responsible for hearing begins functioning during the 3rd trimester of pregnancy; babies often appear to recognize their parents' voices soon after birth
- Babies learn best through responsive interactions; talking, reading, singing and playing with babies often are the best lessons anyone can provide!

Visit the TWMB Grady Health Professionals YouTube Channel for more information.



Families who engage baby in conversation early and often help build baby's brain and language skills and set them up for lifelong learning and success!

Coaching Families

- *Encourage pregnant moms to practice reading, singing and talking aloud to baby as early as they are comfortable; babies begin to hear in the 3rd trimester*
- *Teach families that early talking, reading, singing and playing with baby supports early learning and preparation for success in life*
- *When interacting with young babies, parents can start teaching them by responding to their cues, telling them what is happening and asking questions*
- *Coach families to invite others to engage baby in conversations that will further support healthy brain and language development and learning*

The Big Picture

- *When parents and other loving caregivers engage baby in learning about their new world and help them develop language skills early in life, they are setting them on a path to academic success*
- *Epic documentation choices include: 80-85% brain growth by age 3; Language is best for brain growth and learning to read; Talk, Read, Sing & Play; Use lots of loving words; Limit screen time; Parents are baby's first and best teacher; and Mom observed talking with baby*

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It's Storytime!

- Babies learn best through responsive interactions and conversational turns.
- Storytime is a great way to have meaningful conversations with children that introduces new words, opens their minds to new ideas and helps them to learn about emotions.
- Getting in the habit of reading and telling stories to babies will help enhance secure attachment and create a fun way to continue to bond for many years to come.

Visit the TWMB Grady Health Professionals YouTube Channel for more information.



Storytime with or without books is not just for bedtime, it's a great way for parents and caregivers to connect with babies and to help them learn language any time of the day!

The Big Picture

- *Encourage parents to read and tell stories to their babies beginning in the prenatal period*
- *Encourage parents in the NICU to take advantage of the lending library and Shared Reading program*
- *Engage others in the room to help tell the stories*
- *Epic documentation choices include: Language is best for brain growth and learning to read; Talk, Read, Sing & Play; Use lots of loving words; Parents are baby's first and best teacher; and Mom observed talking (reading) with baby*

Coaching Families

It is easy as R-E-A-D!

- *Repeat the Book or Story: Children love listening to a story over and over again*
- *Engage & Enjoy: Make story time exciting by using different voices, using lots of facial expressions and gestures*
- *Ask Questions: Ask questions during the story to increase engagement and encourage conversational turns*
- *Do More: Extend the conversation (and the learning) by doing or saying something that connects baby to the story*



Scan for more info on the READ strategy

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Do You Hear What I Hear?

- Approximately 3-4 out of every 1,000 babies born in the U.S. have some level of hearing loss, making it one of the most common health conditions at birth.
- More than half of the babies born with hearing problems are otherwise healthy and have no family history of hearing loss.
- The most critical period for developing speech and language is between birth and three years. Delays in detecting hearing loss delay speech and language development.

Visit the TWMB Grady Health Professionals YouTube Channel for more information.



Early identification of hearing issues can open the door to communication and learning!

The Big Picture

- *YOU are the first step in helping families of babies who refer for additional hearing screening find out if their baby has hearing loss! **What you say matters!***
- *There are several reasons babies may not pass their screening. However, it is very important that you do not minimize the importance of families following up as soon as possible.*
- *It is easy to overlook hearing problems. Infants who are deaf or hard of hearing may respond to some sounds while not hearing spoken language clearly.*
- *Epic documentation choices include: 80-85% brain growth by age 3; Talk, Read, Sing & Play.*

Coaching Families

3 Important Things to Remember about Hearing:

- ***Hearing helps baby's brain grow.** Hearing builds connections in the brain called neural pathways, which drive brain development.*
- ***Hearing is a foundation of learning.** When you talk, sing, read, and interact with your baby, you help prepare your baby for a lifetime of learning.*
- ***Follow up on recommendations as soon as possible.** Although children learn and grow throughout life, 80-85% of brain development occurs by the age of three, so do not delay!*

Contact Sherri Nighbert at snighbert@atlantaspeechschool.org for more information about hearing, hearing screening and early intervention options through the Access to Language program.

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Babies Are Citizens of the World!

- Children who speak more than one language often have cognitive and social advantages at school, work and in the world. They tend to do better with
 - Math, problem-solving skills and logic
 - Focus, memory and making decisions
 - Flexible thinking
 - Learning other languages
 - Self-control
 - Social interactions
 - Maintaining family culture and connections
- People who speak more than one language often have more job opportunities, earn more and are better able to adapt to diverse cultures.

Visit the TWMB Grady Health Professionals YouTube Channel for more information.



Babies are born with the ability to learn multiple languages!

The Big Picture

- *When communicating with families who speak a language you do not understand:*
 - *Use Interpretive Services; Google’s Translate app can also help in a pinch.*
 - *Use simple words and shorter sentences; talk slowly and clearly.*
 - *Include facial expressions, gestures and visual aids to reinforce what you’re saying and confirm their understanding.*
 - *Learn simple phrases in your patient’s language to make them more comfortable and have a better relationship with you.*
- *Epic documentation choices include: use home language; talk, read, sing and play; use lots of loving words; and parents are first and best teachers.*

Coaching Families

- *Children can learn several languages at one time.*
- *Talk, read and sing to your child in your home language – you will use more words and become a better teacher for your child.*
- *Learning more than one language will help your child’s brain become even better at learning.*
- *Learning multiple languages will help your child become more comfortable and successful in our global society.*
- *Knowing more than one language might be one of the best gifts a family can give their babies.*

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Conversations vs. Digital Media Use

- Recent studies continue to support the finding that the number of conversational turns – or back-and-forth exchanges – that babies experience is a reliable predictor of language development and future learning outcomes.
- The American Academy of Pediatrics recommends that parents refrain from allowing young children to play alone with digital media devices. Why? The use of digital media impedes the development of social skills, language acquisition and learning. Overuse of digital media is also associated with the development of habits that promote poor sleep, obesity and behavior problems.



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

No technology can replace the brain-building conversations babies have with adults.

Coaching Families

- *Share with your families the urgency of developing the habit of conversation with their babies from the start*
- *Spending a lot of time in conversation with your baby is one of the best things you can do for her and your relationship together*
- *While your baby is awake, put down the digital media and talk out loud about everything that is going on around you, sing songs or read a book*
- *Encourage your baby by observing, acknowledging and responding to your baby's reactions to conversation*

The Big Picture

- *Do your part to motivate and engage your coworkers and support staff to make it a habit of having conversations with babies and families and encouraging them to put the devices away*
- *Document your coaching using the Talk With Me Baby Flowsheets in Epic*
- *Remember, YOU have the power - **each and every day** - to make a positive and long-lasting difference in the lives of our Grady babies and their families!*

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New Year, New Resolve: What Will You Do?

- The TWMB Parent Coach Training is offered virtually on the third Wednesday of every month from 12:15 to 2:00 pm. Supplemental classes can be arranged by the unit leaders to fit your schedule. 2.6 CEUs awarded!
- Everyone has a role to play to maintain a healthy TWMB ecosystem!
 - Coach parents on what to do and why it's important for their baby's brain development and learning to read
 - Model and encourage others to talk with the babies at every opportunity
 - Document your coaching on every shift
 - Participate in unit activities to continuously improve and keep TWMB alive on your unit!



Visit the TWMB Grady Health Professionals YouTube Channel for more information.

“Newborns are our future, and I am so proud that Grady offers this resource.”

Coaching Families – What YOU Said:

- *“TWMB is a key part in development, and I am beyond excited to share these concepts and tips with my patients and their families”*
- *“I am inspired to teach others about the power of communication to babies the importance of it all.”*
- *“I recommend to everyone to do it.”*
- *“I will definitely be implementing TWMB in the care that I give to my patients!”*
- *“I am able to take the information learned and apply it during my shift to not only my babies but the parents as well.”*
- *“Good information and techniques that I can use with our families in the NICU. I will apply this research to my everyday practices.”*

The Big Picture

- *“I thought I was only documenting whether I greeted my patient but now I know there is so much more to TWMB”*
- *“...my role is that I will remember to engage baby and family together in conversation even ‘just when rounding’ and remind/encourage team members to model the serve and return behavior as well.”*
- *“I think that it is great to have the visual reminders on the floor to remind everyone the importance of talk with me baby.”*
- *“This is one of the most interactive, engaging training courses I have attended. The intent and dedication of the trainers was palpable. THANK YOU for your enthusiasm and rigor. Excellent, motivated 120%.”*

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