

Core Session 3: Introduction to the 14 Talking Tips

Estimated Session Length: 20-25 minutes

Participants will...

- Recognize how the 14 Talking Tips can increase words and turns.
- Discuss how the LENA Log can be used to recall LENA Day events.

Before the session:

- Read “Core Session 3: Introduction to the 14 Talking Tips.”
- Confirm internet connection at session location for video playback, or download the video “14 Talking Tips to Increase Words & Turns.”
- Gather vest and LENA device for demonstration.
- Print from LENA Online resources:
 - “Video Recap: 14 Talking Tips to Increase Words & Turns” handout
 - “LENA Log” handout
- Gather Talking Tips Chart.
- If needed, prepare a device to leave with the family, making sure to assign it in LENA Online.

After the session:

- Depending on LENA device pick-up timeline, process and charge the device.

Opening

"You've just completed your practice LENA Day. How did it go?"

Listen and answer questions as they come up.

If you are collecting the device for processing at this session, turn on the device and read the screen. If it shows:

- *"Paused" with no numbers — The device is empty with no data to process.*
- *"Paused" with numbers — The device was turned off mid-recording. Talk with the family about why the device was turned off. Encourage them to leave the device on all day as advised in Core Session 2.*
- *"Memory Full" — The device has a full day of data and is ready to process.*

Introducing the 14 Talking Tips

"Today we are going to learn about the 14 Talking Tips, which are simple ideas you can use during everyday activities to engage your child in conversations. Remember, each back and forth conversation you have with your child supports his/her brain development."



"Now we'll watch a video about using the 14 Talking Tips to increase talk with your child." **Play video (About 7 minutes).**

"Any questions from the video?"

"Now let's discuss important points from the video using this video recap."



Distribute and review "Video Recap: 14 Talking Tips to Increase Words & Turns" handout.

Video Recap: 14 Talking Tips™ to Increase Words & Turns

Conversations are key!



- Talking **to** and **with** your child helps his/her brain grow faster. Especially talking **with!** (Don't just talk **at** your child!)
- Babies start communicating as soon as they're born — by sounds, looks, and gestures. Make eye contact and talk back!
- A special tone of voice ("motherese" or "parentese") helps keep the child's attention.
- **Conversational turns** look different at different ages:

First few months	Makes cooing sounds Smiles Imitate them and talk back!
About six months	Makes more different sounds Makes play noises Focuses on things farther away Repeat their sounds and use more words. Talk about what they're looking at.
Around 1 st birthday	Starts making speech-like sounds (real words or nonsense words) Make words out of their sounds. Talk about things around them. Ask questions.
As they become toddlers	Move around Get into more stuff You can talk about more things and do more activities together.

- **It's never too early to read books with your child!**
- Learn to use the Talking Tips when you're doing **anything** with your child.
- Watch the Talking Tips practice videos to see how other parents use the tips.
- Pick one or two new tips each week to try.

The Talking Tips Chart

“Each week we will refer back to the Talking Tips, and use them to look for ways to include more conversations in the everyday activities you do with your child.”

“Here is a list of the Talking Tips described in the video. This chart is for you to keep and can be a helpful reminder of the different techniques you can try.”



Distribute the Talking Tips Chart.

“Let’s take a moment to read through them.”

Read through the list with the parent.

“Are there any surprises or questions?”

“When could you use some of these Talking Tips during the day with your child?”

Brainstorm a list of daily activities with the parent.

“When we meet, we will cover many of the topics you mentioned like: clothing changes, shared reading, play time, bath time, and more.”

“You’ll also notice that there is a section at the bottom of the chart for award stickers. You can earn stars each LENA Day by increasing the number of words or the number of conversational turns on your LENA report. We will celebrate these accomplishments using this chart and refer to it during each visit. We recommend finding a place to post your chart.”





The LENA Log

“The last thing I want to introduce today is the LENA Log. This is a simple tool that will help you to remember what you and your child did together on LENA Days.”

Distribute LENA Log.

“You can use this form during your LENA Days to write down quick notes about what happened during the day, so you can easily remember what you did the next time we meet. For example: Did you go somewhere special? Was your child not feeling well? Were there special visitors? Or, were there things you thought went really well that you’ll want to remember to talk about next time?”

“Since we are not meeting every day, and a lot can happen between our visits, this can be a great way to quickly remember the events of your LENA Day when we’re reviewing your report.”

Closing

“We have talked about a lot today. What questions do you have?”

“Before our next meeting, try to see if you can use a couple of the Talking Tips. In future meetings, we’ll talk more about how to include them in daily routines.”

“What day are you planning to record? If something comes up that day, is there another day that might also work?”

Tell the family when you will pick up the device for processing.

Set a date/time for your next visit.

“Thank you for all of your hard work and have fun with your next LENA Day!”