

## What is 'Home -Talk'?



To your child's brain, the most important time in life is before the 3rd birthday. Those first 36 months, while the brain is growing the most, are a once-in-a-lifetime chance to do something wonderful with your child.

Research shows that talking more with babies is one of the most critical elements in their early brain development. It works right from birth even before the baby understands a single word. Most parents don't know how much they're talking with their babies. And almost all parents can do it more.

LENA technology counts words at home for a full day. During your home visit, you'll get reports on how much you're talking and when you could talk more.

## What is LENA Technology?

**LENA® System – like a pedometer for talk!**

The LENA System only tracks words, conversations, and other data, not meanings of words. **No one can listen to what was said.** All sounds and data are deleted after processing.



**Easy to learn, easy to use!**

- ◆ Conveniently scheduled one-to-one coaching sessions
- ◆ Easy-to-use Talking Tips to build conversations with your child every day
- ◆ Hands-on activities

## How Does 'Home -Talk' Work?



Once you have agreed to take part in this project, your family co-ordinator will introduce you to a specially trained Home-Start Volunteer.

Between you, you will decide which day of the week your child wears the apron with the sound tracking device in.

Your specially trained volunteer will visit you once a week on an agreed day and time for 12 weeks to give you support and encouragement.

You will receive feedback on your interactions and ideas for activities to increase your talk time with your child.

**For more information please contact Amanda on 07540 282074 or email [amanda@homestartmidsuffolk.org.uk](mailto:amanda@homestartmidsuffolk.org.uk)**