

# Guide to Translating for Babies

## understanding & responding to Baby's communication

| Baby's external signal                                                                                                                                                                             | Adult's reaction                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| when they are interested in something                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- Baby looks at something for a long period of time, usually quietly</li></ul>                                                                               | <ul style="list-style-type: none"><li>- Allow them to stay and focus as long as they like</li><li>- Wait until they are finished to move or touch or talk to them.</li><li>- These moments are precious and Baby is absorbing so much information. Protect their concentration by giving them space and time to learn.</li></ul>          |
| when they are bored                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- Baby looks away from what they were doing</li><li>- Looks or moves around without direction or focus</li><li>- Starts to fuss</li></ul>                    | <ul style="list-style-type: none"><li>- Invite Baby to try something different: you can show them something new or move to a new place</li><li>- If they are already crawling or walking, just wait and observe until they find something interesting</li></ul>                                                                           |
| when they are overstimulated                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- Baby shouts or starts to cry or complain</li></ul>                                                                                                         | <ul style="list-style-type: none"><li>- If playing, speak quietly or be silent and give space</li><li>- If the situation is too much, redirect Baby to a calmer place or activity</li><li>- If dressing or changing, eating, take a break and continue when they feel more relaxed</li></ul>                                              |
| when they are ready for something new                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- Baby shows interest by watching, touching, reaching for...</li><li>- Baby tries by themselves to do something new</li></ul>                                | <ul style="list-style-type: none"><li>- Prepare their space to allow them to do what they are interested independently</li><li>- If they show interest in something, trust them and let them try it in a safe way (food, climbing, exploring...)</li></ul>                                                                                |
| when they face a challenge                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- Baby grunts, shouts, or shows signs of frustration</li><li>- Is concentrated on their struggle, but not looking for feedback or help</li></ul>             | <ul style="list-style-type: none"><li>- Give them the time and space to find their own solution.</li><li>- Don't assist them unless they are getting overly frustrated or they are in a risky position.</li><li>- If it's hard for you to give them space, take a few steps away and wait until they look for or need your help</li></ul> |
| when they are overly frustrated                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"><li>- They may be too tired or hungry to continue playing</li><li>- Signs of frustration turn into cries for help</li><li>- Baby looks to you for help</li></ul> | <ul style="list-style-type: none"><li>- Go where they can see you and translate their feelings: "I see that this is frustrating you. Let's take a break and try again later."</li><li>- If you are unsure to intervene or not, slowly count to ten and then step in to help or redirect</li></ul>                                         |

## Tips for talking to Baby

### describe what you're doing

- "I'm washing your left foot with a soapy rag. Your rag is blue."
- "I'm chopping vegetables for our dinner tonight. This is cauloflauer."

### use rich, full language in conversation

- "Now that you're ready for the day, would you like to do some independent work on your mat?"
- Read books that you enjoy to your baby, not only children's stories.
- Allow Baby to listen in and observe your conversation with other adults.

### recall what happened during the day

- "Today was a lovely day. You went on a walk with your grandmother, you saw the river, and you napped under a tree."

### describe their feelings

- "You were enjoying yourself, then began to feel exhausted, so you let me know and now we are taking a break.
- "You felt lonely when I went to the bathroom, but now that I'm back, we can have a cuddle."