



Talking to children is vital for their development

Reading aloud to young children is great for their literacy, but studies show that young children can learn more vocabulary from conversation at the dinner table, according to The Family Dinner Project.

Kate Stephens, our Head of Devon's Public Health Nursing team, agrees. She says that making space and time when families come together, which could be mealtimes or car journeys for example, is vital to a child's development.

"Reading aloud to children is extremely important for lots of reasons and is always encouraged, but talking to your toddler as you go about everyday tasks, or encouraging conversation while preparing or eating a meal, are all good building blocks for a child's development."

[We have launched a new website](#) specifically for parents with young children aged under five, with a wide range of tips and advice from pregnancy right through to a child's fifth year, including encouragement to make the most of mealtimes and other time together to help develop children's pre-school literacy. The website also suggests games are a fun way to encourage children to practice talking, and provides examples to get parents and carers started.

[Read the full news story on our website.](#)