



# Keep Your First Language

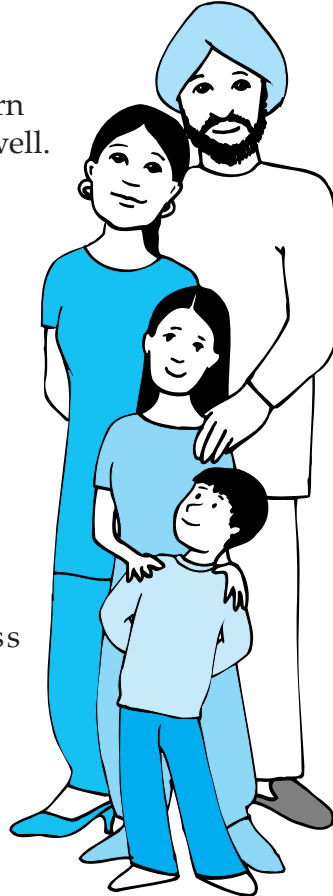
Children need to learn their first language well. This will help them:

- Stay connected with family
- Take part in their cultural community
- Learn English well

Research shows children learning more than one language have:

- Better awareness how words sound and rhyme
- A more creative use of language in writing and talking

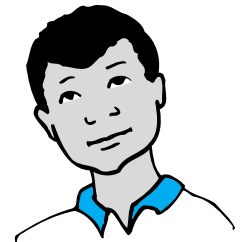
Research shows that learning more than one language in *early childhood* helps children in their schoolwork.



## Parents Can Help...

- Speak to your child in the language you know best
- Talk more and watch TV less
- Talk during daily activities (mealtimes, bath time) with your children
- Talk about pictures you see in books and make connections to your child's own experiences
- Try to keep languages separate. Try to speak each language without

mixing them in one sentence. Sharing books is a good time to do this.



Other fact sheets on parenting your child are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>

For more information, contact a Speech-Language Pathologist or Public Health Nurse at Vancouver Coastal Health [www.vch.ca](http://www.vch.ca)

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