

What's

Bilingualism?

Children who speak, or even just understand, more than one language are '**bilingual**' children.

Bilingualism can be beneficial because

- It keeps their brain **sharp and healthy**
- It also helps them to **understand** who they are and feel they **belong** to their wider family
- Being bilingual is an advantage when **looking for jobs**



How to promote bilingualism

If you speak more than one language in your family, bilingualism is a free gift you can give your child. Here is some advice:

- **Speak your home language** as much as possible
- Encourage your child to **feel proud** of their bilingualism
- If possible, find **websites, cartoons or videos** of things that interest your child in your home language

Children from 0 to 5

Play with **flash cards** with your children. Show your child the cards and ask them to name the pictures in your home language.



Children from 6 to 11

Together **draw a map** of your country or where a family member comes from. Research the foods that grow in the country and what traditional dishes they have. Draw symbols of these foods on the map.



Teens from 11 to 15

Do an **etymology activity!** Many medical words have their roots in Latin or Greek. Try and guess the roots of these words and then look them up to check your answer



Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**