

More Than One Language: Why It's A Good Thing



Speaking two languages helps your child stay connected to your culture, your family, and your friends. It also helps you feel close to your child.

Learning two languages is exciting! It can have a positive effect on how your child's brain grows. Kids who know two languages are often better at paying attention and staying focused.

○ **Knowing two languages does not slow your child down.** Count all the words they know in both languages together. That is how many words they really know!

○ **Use your home language as much as you can.** Many children start out speaking two languages. They may use more English once they start school — that's because they hear it most of the day. You can help by speaking your home language when you are together.

○ **Don't worry about mixing languages.** Young children often mix both languages in the same sentence. That is normal! Over time, they will learn to keep the two languages apart.

○ **Share your culture through music, food, and stories.** Try nursery rhymes, bedtime books, or kids' shows in your home language. There are so many ways to share where your family comes from — and help your child learn new words too.

○ **Help your child's caregivers talk with them.** Write down key words in your home language — like mommy, daddy, hungry, thirsty, hurt, tired, and play. Tell teachers that your child is learning English. Your child may need a little extra help at first.

Speaking two languages helps your child share ideas with others. It helps them think and learn efficiently right from the start!

Have more questions?

Talk to your child's healthcare provider or one of the professionals supporting your family.

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