

Speech and Language Therapy

Top Tips for Talking

Say what you see

- As your child is playing model language by commenting on what they are doing or what you are giving them.
- This helps your child to link what they hear to what they are doing or seeing.

Comment don't question

- Describe what they are doing rather than what you think they should be doing.
- For example, instead of saying: "Build me a tower!" stick to what they are actually doing: "Bang, bang, bang go the bricks".

Repetition, repetition, repetition

- The more times your child hears a certain word the more likely they will be able to try and say it.
- When you are **repeating words** make sure they are **in context**.
- For example say "up" each time you pick your child up, repeat "down, down, down" when you go down the stairs or say "juice" every time you hand them a drink of juice.

Keep it simple

- Before a child can say a word, they first need to understand what the word means. Keep your language clear and simple to make this as easy as possible for them.
- *For example* use phrases of 1-2 words if your child is one and 2-3 word phrases if your child is two and so on.
- Focus on the key words in a sentence and don't worry too much about using correct grammar. A sentence like "the teddy has fallen out of the push chair" can be simplified to "teddy fall down", or "teddy gone."

Be consistent

As well as being simple and clear aim to be consistent with the words you use.

- For example there are lots of different ways of describing having a drink: you might say "Are you thirsty?" or "Do you want juice/drink/water/milk/a bottle/a cup?"
- Your child will learn more quickly if you keep to just one particular word, so try to pick one and stick to it in the early stages of language development.

Be responsive

- Your child might point things out to you and babble or vocalise if they can't yet use the word. Try to respond positively when they do this.
- For example if they say "ah" as they point to a cat, praise their effort and repeat the correct word back to them: "Oh yes, cat! Clever boy/girl. Cat."

Listen to what they say not how they say it

If your child is starting to use some words but they are not clear repeat anything they say back to them correctly and clearly.

Special times

Try to spend at least 5 minutes of uninterrupted quality time playing with your child when you can focus on modelling language using the above tips and do this as often as possible.

Set the scene

- **Turn off all your gadgets** (TV, radio, computer, phone etc.) so you can focus all your attention on your child.
- This also means that your child has only one source of information to process and helps them hear you clearly.
- Make sure you are at your child's eye level and face to face.

HAVE FUN!

- Language develops through play and children are most open to learning when they are feeling happy and relaxed.
- Speak with a really interested tone of voice. Use exclamations like 'wow' and laugh!
- Use animated facial expressions.

