

Speech and Language Therapy Top Tips for Talking!

Be Face to Face

Get down to your child's level by sitting or lying down, or bring them up to your level. It's easier for you to listen and talk to each other if you are face to face



Use simple language

Use single words or short phrases to talk about things your child can see or what's happening. For example "breakfast time!" or 'wow, you're building a tower"



Repeat what you Say

Say the same words lots of times in play and routines. Eg repeat 'wash' during bathtime, saying 'wash your toes... wash your belly' etc. This will help your child learn new words



Give them Extra Time

Help your child to talk more by giving them extra time. When you play together try waiting a bit longer than usual to see what they say first



Comment not Question

Asking lots of questions can feel like a test. Make talking fun by commenting on what your child is doing. Use a sound, word or short sentence eg 'choo choo', 'train' or 'pushing the train'. This will help them learn new words and sentences



Follow their Lead

Watch how your child plays and copy them. They are more likely to stay and play if you follow their interests. Children love talking about what they are doing!



Copy what they Say

Repeat back sounds, words and sentences. Whether it's 'lala' or 'I want a banana'. It shows that you're interested and that sounds and words are important



Copy and Add a Word

Add one or two words to what your child says eg if your child says 'bus' you say 'big bus'. This will help your child move on to the next stage of talking



Speech and Language Therapy

Top Tips for Unclear Speech

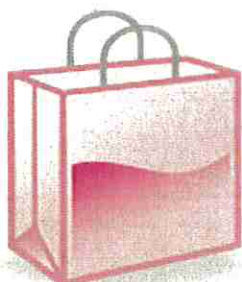
Keep it visual

Encourage your child to show you what they mean by pointing and using natural gesture. You could use general actions or Makaton signs. This can help to ease their frustration.



Sound bags

Collect objects and pictures beginning with the same sound and put them in a bag. Encourage your child to take the items out whilst you name them. Repeat this so that your child hears the target sound lots of times. It is ok if they don't say the word themselves.



Interpret

Get down to your child's level and try to work out what they are saying. This shows that you are listening and trying to understand



Pictures and Gestures

Make a book with familiar everyday words, photos and pictures. Choose things that will help them to ask for things and talk about what they like e.g. 'drink', 'car', 'baby', 'apple', 'Nanny' and 'Mummy'. Looking at this together will build their confidence to talk more

Repeat Back the Right Way

Model back your child's unclear words using the correct speech sounds. For example if your child says 'yut tar!' you can repeat back 'look car!' This shows them the right way without putting any pressure on them



Break it Down

Try breaking longer words into chunks so that your child can work out how each bit should sound. You can also gently tap out the beats on their body as you say the word eg 'Je-ssi-ca', 'e-le-phant', 'ba-na-na'

