

### Get down to your child's level

Crouch down to their height  
Be face to face and close  
Join in with their play



# Parent Top Tips

Speech and Language Therapy



### Expanding your child's words

You can help your child to create longer sentences by repeating what your child has said and then adding a few more words

### Interpreting

When your child communicates, decide what you think your child is telling you and then put it into words for him. This shows him that you have understood. It also gives him examples of what to say when he's ready.



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### Using routines

Encourage your child to join in everyday activities and familiar games by repeating the same sounds, actions and words each time.  
For example: getting ready for a bath or playing peek-a-boo.

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### Getting your child's attention

Call their name or touch their arm  
Be face to face and close  
Follow their play interests  
Use your face and voice to get their interest



### Think about your questions

Try to use positive questions which offer a choice and help you to understand what your child is thinking.



### Simplify your language

When talking with your child use **short simple sentences** your child will understand. Use **gesture** and **exaggerate important words** to help keep their interest.



During daily activities use choices to help develop their language rather than asking questions. At dinner time give a choice of drink e.g.. milk or juice. Give a choice during play or looking at books e.g.. trains or bricks.

### Giving choices

### Taking turns

Talking and communication is a two way process, e.g. one person to talk and one person to listen. Give your child time to take their turn, start conversations, express feelings and give instructions.

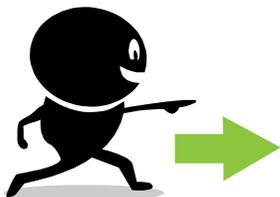


### Time to respond

Before words children communicate in other ways e.g.. pointing, sounds, eye contact, facial expression. By watching and waiting we can pick up on their attempts to communicate and respond to them



### **Watch, wait and respond**



### Follow Your Child's Lead

Try and spend some time everyday playing with your child in a quiet room with as few distractions as possible (e.g. radio and TV off). Let your child choose what they want to play with and let them play with it their way. Join in with their play and follow their lead.



Imitating  
Copy your child's sounds, facial expressions, words and actions to show them you are listening and that you are interested. Then wait to see how your child responds.

### Be Positive

Learning to talk is difficult and can be frustrating for both you and your child. Try and praise all attempts that your child makes to communicate through sounds, facial expression, gestures and words.

**With praise your child will keep trying**



### Keep on Commenting

Talk about and comment on what your child is doing during daily activities e.g. shopping, dinnertime, playing etc. whilst trying not to ask too many questions. Try and keep your language simple using single words and small phrases e.g. during bath time "Washing hands", "washing hair", "wet feet".

**Repetition helps language develop**

