


Top tips for speech, language and communication





You can support your child's speech, language and communication development through the following suggestions:

- Find 10 to 15 minutes a day to play together.
- Turn off the TV, radio and phone - children find it hard to filter out background noise.
- Remember to get down to the same level as your child.
- Let your child lead the play. Comment on your child's play but do not question. See things to try.
- Give your child choices throughout the day. This could include snacks, books, clothing, etc.

Single words

The first words children usually learn to say are names of people and objects. These might be: mum, dad, cat, ball, car, drink, etc. Think of opportunities to repeat these during daily routines.

If your child is not yet saying words or they are saying a few single words, try using sounds:

- **Brrrrm, beeeeeeep** - when playing with cars
- **Ch, ch, ch** - when playing with trains.
- **Quack, quack, moo, raaar** - when playing with animals.
- **Swish, swish, splash** - when playing with water.
- **Boo** - when playing peek-a-boo.
- **Shhh** - when putting dolly/teddy to sleep.

Comment on what your child is doing by using **single words**. Repeat the same word three times for your child.

Give your child time to respond before saying the next word. You can do this by counting to ten in your head.

Two words

Daily opportunities like bath time are great for modelling two words together. These might be: shirt off, socks off, tap on, too cold, splash water, wash hair, plug out, bath finished, pyjamas on, etc.

When you are out and about, talk about what you can see, such as: blue car, big tree, more ducks, big bus, etc.

If your child is using single words, keep your commenting simple:

- 🌀 Try hiding objects, and as you hide them you can say, “Car gone.” When you find them say, “Car back”.
- 🌀 When playing with a teddy or doll you can say, “Teddy sleep”, “Wake-up teddy”, “Teddy eat”, “Teddy drink”, “Teddy wash”, “Teddy jump”, etc.
- 🌀 Choose a few special words which you use a lot in your family during the week and add to them. These might be, “More drink”, “Bubbles gone”, “Bye Daddy/ Mummy”, etc.

Comment on what your child is doing by using **two words** together. Repeat this twice for your child.

Give your child time to respond before saying the next words. You can do this by counting to ten in your head.



Things to try

Instead of saying, “What’s that?” or asking a question, try using:

- Here’s a...
- Show me...
- It’s a...
- You’ve got a...

Contact and social media

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