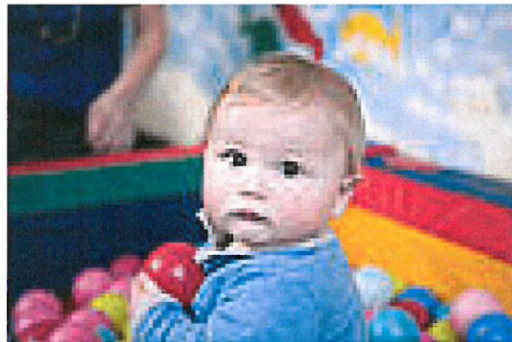


Pack for Early Language Development



This pack should only be used under the guidance of a Speech and Language Therapist

Original Concepts by Speech and Language Therapists in Hull and East Yorkshire
Updated by Rona Gaffney 2015

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Early Talking

Even before your child is using words he/she is telling you lots of things.

Your child may do this by pointing, tugging, looking at things, smiling or frowning, making noises and using 'baby' words



Encourage these first steps.
Enjoy and accept your child's efforts even if the words are not clear.



Talking to your child (modeling)

Children learn language by listening to people talking.

Talking about things as they happen in play and everyday activities e.g. bath time, shopping, baking and mealtimes.



You can help by talking to your child in short simple sentences.



Getting down to their level

When talking or playing with your children get down to his or her level so you are face to face with them, e.g. if they are playing on the floor, you get down on the floor and play with them.



This will make communicating easier and more enjoyable for your child.



Giving Choices

Give your child choices. You can do this throughout the day, e.g. when getting dressed, playing, shopping or at snack time.



Make sure your child can see the items he is choosing. This helps your child to learn the words and gives your child an opportunity to communicate.



Say it back the right way

If your child says a word incorrectly, say it back the right way. Don't make your child repeat it.



This will help your child to learn how to say the word correctly.



Sing to your child

Singing nursery rhymes and action songs will help your child to listen and understand words. Repeat songs lots of times to your children so he or she becomes familiar with the words and learn what is coming next. Encourage your child to join in with the actions during the songs.



Talking and Playing

Try and have a special time with your child each day to play toys and read books.

Talk to your child when you are playing/reading together.

Try to reduce the amount of questions you ask, instead comment on your child's play using simple language. Name things for your child lots of times.



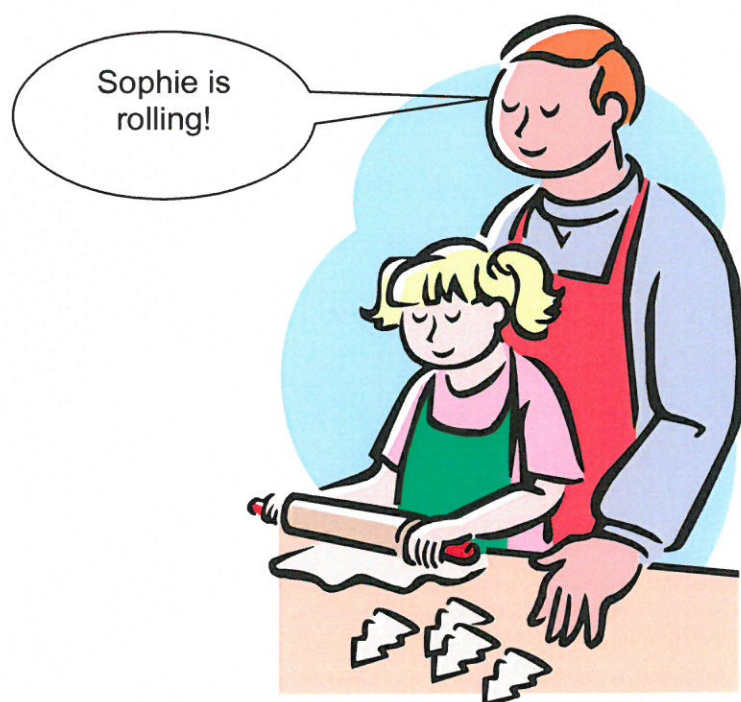
This will help your child to learn new words.



Talking to your child (modeling)

Children learn language by listening to people talking.

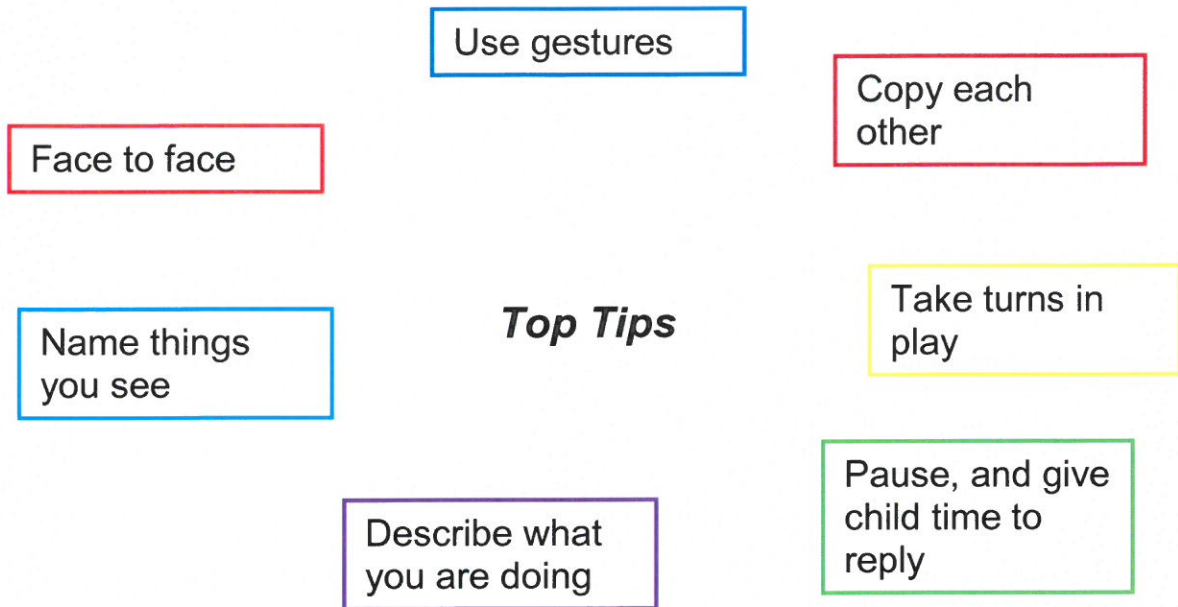
Talk about things as they happen in play and everyday activities e.g. bath time, shopping, baking and mealtimes.....



You can help by talking to your child in short simple sentences.



Talking with your child



Your child communicates already.....
Your child already “talks” to you in lots of ways. Although they don’t use words yet, they let you know how they feel and what they want.

They do this by...

- Looking
- Smiling
- Crying
- Kicking
- Reaching
- Pointing
- Gurgling
- Make sure you communicate back!





You will automatically respond to your child's needs and the actions that your child does.

Remember to always talk back by

- Saying what things are called
- Describing what you are doing
- Copying their action back to them

Having fun together

Remember, your child learns from you and having time together to play and learn is really important.

Try to find some quiet time each day where you can play and 'talk' together. Make sure the TV is off and it's just you and your child.

Get out some of their favourite toys and see what they reach for.

Try and wait for them to do something before copying it back. They will enjoy seeing you copy them.

Listen and see if they make a sound with their voice. Copy that back too.

Taking turns with sounds and actions helps to develop talking.



Activities to try

Peekaboo

- Children love the anticipation of peekaboo
- Great for learning to watch and wait
- Use repetition of the same words to help baby learn, e.g. “Where’s (Child’s name? ... There she is!”)

Bubbles

- Encourage your child to look at you
- Use words such as ‘more’ and ‘pop pop pop’
- Wait for your child to make a sound before blowing more bubbles

Singing

- Songs and nursery rhymes are lots of fun for your child
- They love hearing the same tune over and over again
- Make up actions to go with the songs, wait to see if your child copies you

Books

- Look at the pictures together
- Talk about what you see
- Make fun noises and sounds to keep your child interested, e.g. “brmm, went the car”, “weeee, down the slide”





Balls

- Take turns throwing or rolling the ball
- Each time say “ready, steady...go”
- Wait for your child to look at you before rolling it back

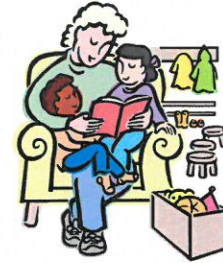
Stacking cups/building blocks

- Build towers together and knock them down
- Take it in turns to bang the bricks together
- Hide objects under the cups
- Use simple words, such as ‘gone’, ‘bang bang’ and ‘fall down’.





Top Tips to Talking



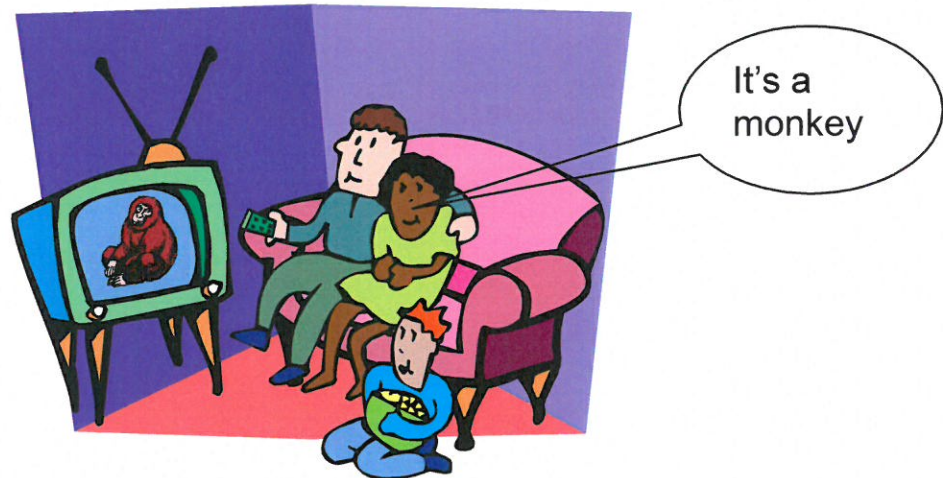
1. Special Time: Have some special quiet time with your child every day where you can enjoy playing and talking together. Talk to your child about what they are doing when they are playing.
2. Quiet Time: Houses are noisy places. Reduce the amount of noise by turning off the TV when you play with your child. It is easier for children to listen and learn without the extra background noise.
3. Face-to-Face Time: Sit, kneel or lie so that your child can see your face when you are playing and talking together. Looking at each other will help your child understand how important talking is.

Help your child's speech and language to develop by giving them lots of praise and encouragement to build their confidence. By encouraging your children to communicate, you can help them to be the best talkers they can be!



Watching Television

Choose programmes and videos carefully.
Limit the amount of television your child watches.
Watch T.V. together and talk about what is
happening.



Your child can learn to LISTEN and TALK about
television as well as just watching the T.V. screen.
Turn the television off when you are playing or
reading with your child.
Background noise makes it difficult to listen



Special Talking Time



Learning to talk isn't always easy and some children need more support than others.

We have some ideas that we would like to share with you that can help.

As you know your child so well and spend the most time with them you are the best person to work on these ideas with your child.

My “Special Talking Time” will be

.....

You need to find 10 minutes every day for “Special Talking Time”.

This needs to be:

- Just you and your child
- At a quiet time (T.V. turned off)
- When your child isn't tired or hungry
- When you can give your full attention to your child
- A dummy free time (an empty mouth makes talking easier)
- FUN!



Books



Looking at books with your child is a good way to help develop their speech and language -

Make sure it's "Special Talking Time":

- One-to-one
- Quiet time
- When not hungry or tired
- No dummies!

Make sure you are face to face:

- On the floor
- At the table
- Sat on a chair

Watch and wait for your child's responses:

- Look at your child to see if they are interested
- Wait for your child to take a turn. This might be a gesture, a word or a noise.



- Show you are listening by giving eye contact and responding.

Make sure you:

- Use an animated voice
- Use gestures
- Use fun words
- Speak slowly and clearly
- Copy what your child is doing or saying
- Interpret what you child is saying
- Comment on what your child is doing



Dummy Use?

Talking is easier with an empty mouth

Dummies can help to sooth your baby or young child but using them for long periods of time can cause problems.

Dummies can affect your child's speech and language development, as your child may have less opportunity to babble and communicate with you.

To see how a dummy can affect talking, try saying the following sentences with a finger in your mouth:

Tiny Tina Tells The Time

Naughty Nelly Knits Knickers

Silly Sam Sells Socks

Top Tips

*** Try and reduce the use of dummies from the age of 1.**

*** Limit dummy use to evenings or when your child is tired.**

