

General tips to help your child with their speech and language development



Speech and language therapy department
Vaughan Building, Ruckhall Lane
Belmont, Hereford HR2 9RP
Tel: 01432 363975
www.wyevalley.nhs.uk
(Services, community services)

If you would like help to understand this document, or would like it in another format or language, please call 01432 363975

General tips to help your child with their speech and language development

1. Keep ten minutes free each day for a 'special time' for talking and communicating with your child.
2. Turn off the telly, radio or mobile phone during this time ...as you would any time you want to communicate well.

If your child has a dummy in then take this out as well!
3. Being face to face is very important. Get close to your child and make plenty of eye contact.
4. When **you** are speaking, use shorter sentences and talk slower. This will help you to make your speech more interesting to listen to by making it more 'tuneful'.
5. Let your child take the 'lead' during your special time, this may be making animal noises or pulling faces, but this is still a kind of interaction with you, so you copy them, do what they do and **have fun!**

6. When you can, say back to your child what they were saying in their sounds e.g. if your child says 'ah' when cuddling her teddy you say, 'ah teddy, soft teddy'.
7. Point to what you are talking about around the house, when you go out, or when looking at books. Remember to talk about what you can see happening as well as naming the things you can see.
8. Use the same little sayings when doing your daily routine, e.g. "open the door.... close the door.... coat on.... coat off.... up the stairs ". This will help your child expect to hear these sayings at those times and join in them with you.
9. Avoid the temptation to put pressure on your child to make noises or say names of things, e.g. "Oh look Ellie a car, say car Ellie, say car for mummy". If your child does copy your words and sounds then that's great, but don't try and make them because this stops communicating being 'fun'.
10. Above all else, when sharing your 'special time' together have plenty of cuddles, use lots of eye contact... and most important of all enjoy yourself!