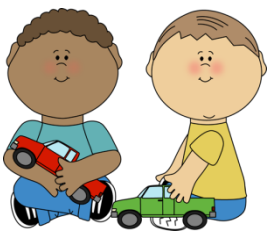


Recommendations to Help Stimulate your Child's Language

1. Use **lots of gestures** when talking to help improve understanding. Be sure your child is looking at you and listening before you give instructions
2. Provide lots of **single word labels** for common objects around the home and for actions that you do on a daily basis i.e. 'ball', 'cup', 'eat', 'sit' etc.
3. Label words using lots of intonation and interest in your voice. **Repeat many times!!** Your child will likely need to hear the words over and over and over before they will learn the word.
4. Be sure to have your child's attention when you provide labels. The more interested they are, the more likely they are to learn the word.
5. Model the word for them to hear, BUT (and this is the hard part!) **DON'T ask them to repeat it after you.** This puts pressure on your child to perform and most often, this just causes them to 'shut down' and refuse to say the word.
6. Encourage your child to use their words by **pausing, waiting and looking expectantly** (as though you expect them to say something) BUT only wait 5-10 seconds. If they don't imitate you, just go on with what you were doing. **DON'T** withhold things so that they won't get it unless they talk. Again, this just creates unnecessary pressure.
7. Continue to develop **play skills.** Work on dump and fill activities including simple shape sorters [while discouraging throwing!], turn taking by rolling balls/cars with another person, stacking blocks and other building activities, puzzles [large sized pieces (2-3") that fit into individual frames] and pretend play [using stuffed animals or dolls to do typical daily activities such as bathing, eating, dressing etc.]. Continue with his interest in books and encourage finger pointing by modelling your own pointing to interesting items on the page.



8. When your child produces a word or word combination that is unclear, **repeat it back more slowly and clearly** so that he can hear what it should sound like. If he is talking very fast, then model normal but slower speech rates, as it will set the atmosphere for slower talking.

9. **Limit screen time!** Doctors recommend no TV, iPads, cell phones etc. under the age of 2 and no more than 1 hour of supervised screen time for children aged 2-5. TV, computer games and iPad apps can be entertaining, but children will not learn the skills they need from screens. Children learn language and social skills from face-to-face interactions while playing and talking with real people.

