



Speech & language  
therapy

## Top tips for listening!

Say your child's name before telling them something

Get down to their eye level so you can look at them when talking

Reduce background noise when trying to talk or tell them something e.g. turn off the telly

Keep it short! Keep what you play or say short, and then gradually build up the time spent on something

## Activities to help listening skills

- Play **musical statues** and help your child to listen for when the music stops.
- Put some **bricks** out to build a tower. Your child has to wait for you to say 'Ready...Go'. This can also be done as you are tidying any toys away into a box.
- Hide a **noisy toy** or a clock somewhere in the room for your child to find.
- Sing **nursery rhymes** and favourite songs and leave a gap for your child to fill in the missing words, e.g. 'Humpty Dumpty sat on a .....
- Look at **books** that have flaps in them to try and sustain your child's interest in looking at the whole book, such as the 'Spot the Dog' series or 'The Hungry Caterpillar'.
- Play '**Simon Says**' with the rest of your family and give commands such as 'Simon says jump up and down'; 'Simon says touch your toes'. Your child has to pay attention and listen carefully for when you give a command. Let them have a go at giving the commands.
- Play '**run and touch**' outside. Choose 3 or 4 things you can see in the garden, e.g. tree, fence, swing etc. Say 'run to the.....', e.g. 'run to the tree'. When your child can do this, add another, e.g. 'run to the swing and then to the fence'.
- Play '**pretend shops**' and ask for one item, e.g. 'Get me the apple' and build up to 2 or 3 items, e.g. 'Get me the apple, the juice and the tomato'.

**For more information on the Speech and Language Therapy Service (including how to request support from us) please see: <http://www.nhsborders.scot.nhs.uk/slt>**  
**Check out our Wee Talk Borders Facebook page or you can call us on 01896 826710**