



Speech & language
therapy

Early Language Advice



Giving me choices

Try offering your child choices throughout the day (especially if they are pointing towards something without using words). You can offer choices at meal times, play times and when getting dressed. For example; "apple or banana?", "What's next... socks or vest?"

- Give your child plenty of time to respond.
- If your child points pause to give them time to vocalise after pointing
- model the single word again for the item they have chosen, for example: 'apple' and pause again giving your child another chance to vocalise before giving them the item they have chosen.

Try not to anticipate your child's needs, try instead to create lots of chances throughout the day for them to make choices and communicate her needs to others.



Repeat and add to my message

If your child says a word or gestures to tell you something e.g. "moo", or points to a cow, repeat what they have said and add a word to it e.g. "moo! cow!" This shows them that we heard the message and lets them hear the word they could use to go with it.



Fewer questions more comments

Try to avoid asking lots of questions. Instead talk about what your child is doing while they are doing it using simple words that label the main idea. This will help your child to learn which words go with the experience they are having at the time, for example: "brush teeth", "shoes on!" "big dog!". At the moment your child is using 1 to 2 words at a time, so try to keep your language to 2 to 3 word phrases when possible.



Show me what you mean

Try using objects to help your child understand what is coming next in their daily routines. For example show them keys when you are going to be getting in the car and say: 'in the car', show them welly boots when it is time to go to the park and say: 'let's go to the park!'

As we agreed you will try using these tips with your child and will share this advice with your family, childminder and/or you child's child care provider.

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](#)