



Speech & language  
therapy

## Top tips for talking 18-24 months

As parents you play a very important part in how your baby develops. The way you talk and play with your baby can make a difference to how they develop and learn.

At this stage children will be trying out new activities and exploring their environment. They might not always like taking direction from adults. Children develop at different rates but typically at this stage they should be able to:

Using more single words maybe as many as 20-50.  
These will become more recognisable to less familiar

Concentrating for longer periods of time, playing with a particular toy for longer

Understanding simple questions like 'where is your teddy?', 'where is your nose?'



Copying sounds and words

Using a small number of sounds in their words such as p, b, m and w. They may miss the end of words.

Ideas to encourage your baby's communication at this stage:

- Chat about everyday activities, like when putting away the shopping. This helps children to connect language to the world around them.
- Use objects and gestures to help your child's understanding. Or give them two or three choices: 'do you want teddy or the car?', 'is this your nose or your foot?'
- Look at pictures in books together and describe what is there. This is just as good as actually reading the story. 'Lift-the-flap' books are good for encouraging concentration.
- Repeat back and extend what your child says, if they say 'juice' you could say 'more juice', 'juice please' or 'juice gone'. This helps them learn how words can be put together to make short sentences.
- Children learn speech sounds gradually – repeating words back to them correctly rather than correcting your child will encourage them to learn. Make sure they can see your face when you are talking to them so they child watch you and copy the movements that your lips make as you say sounds and words.
- Children can often become frustrated when adults don't understand them – this can lead to tantrums. Encourage your child to use gestures for objects or actions. Most importantly be patient, and wait for them to finish what they are saying or trying to show you.

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