

## 12 tips to talking

1. Talk about the activities you are doing when you are playing with your child e.g. 'big windmill' 'round and round it goes'.



2. Have fun with nursery rhymes and songs, especially those with actions. Occasionally pause, see if your child fills in the missing word or action: 'row, row, row the .....?'

3. Have fun listening for different sounds in the environment e.g. aeroplanes, dogs barking, the postman.



4. Get your child's attention before you start to talk to them - use their name, wave your hand, get down at their level etc.

5. Remember words and speech are just part of communication – use gesture, facial expression and tone of voice to convey a message.



6. Choices are a great way to increase vocabulary e.g. do you want an apple or banana? (Even when you know what the child would prefer!)

7. Talk about things as they happen e.g. unpacking the shopping, having a bath, watching TV.



8. Listen carefully yourself – give your child time to take a turn in conversation.
9. Ask your child what they want to do or what they think about something.
10. Use ‘match plus one’ to expand your child’s language e.g. Child: ‘car’ Adult: ‘yes, **Mummy’s** car’ or ‘car **gone**’.
11. If your child says something incorrectly, say it back the right way (but don’t make them copy you!)
12. Try and have a special talking and listening time each day when you share books, games and communication. Limit screen time, and chat to your Health Visitor or Speech and Language Therapist if you are not sure how to approach this.



The Speech and Language Therapy Department highly recommend using the following local resource for questions and advice regarding speech and language development:

<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/communication-and-hearing/>

### Other resources include:

[www.wordsforlife.org.uk](http://www.wordsforlife.org.uk)

[www.literacytrust.org.uk](http://www.literacytrust.org.uk)

<https://ican.org.uk/i-cans-talking-point/>

### Further information

For further information, visit: [www.royalberkshire.nhs.uk/Audiology](http://www.royalberkshire.nhs.uk/Audiology)

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Audiology Department

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