



12 tips to talking

The following are tips and suggestions to encourage your child to listen and talk. They have been devised by the Paediatric Audiology Team and the speech and language therapists.

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.

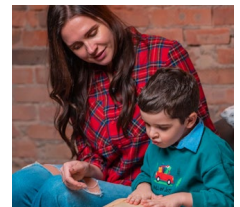
9. Ask your child what they want to do or what they think about something.



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.



Further information and advice

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/our-services/children-and-young-peoples-integrated-therapies-cypit/speech-and-language-therapy/>

Other useful resources include:

<https://hungrylittleminds.campaign.gov.uk/>

<https://www.bbc.co.uk/tiny-happy-people>

If you have any further questions, please contact:

The Audiology Department on Tel: 0118 322 7238

Email: audiology.royalberkshire@nhs.net

www.royalberkshire.nhs.uk/services-and-departments/audiology/childrens-hearing-services

To find out more about our Trust visit www.royalberkshire.nhs.uk

If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology Department.

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