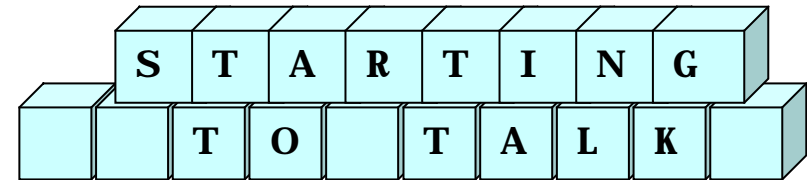


**Games to Play**


- ❑ **Repetitive games**  
 “Ready, steady, go” with cars and balls  
 “Up, up, up” as you go upstairs  
 “Fall down”, “again” while making and knocking down a tower of bricks  
 “Pop”, “more” with bubbles
- ❑ **Action songs**  
 Pause during the song and allow your child to say a word, eg “The wheels on the bus go round and . . . .”
- ❑ **Noisy games**  
 Encourage your child to use noises while playing, “brum, brum” for cars, “woof, woof” for dogs
- ❑ **“Hello” and “Bye”**  
 “Hello teddy”, “bye bye dog” as you tidy up or post toys or play hide and seek
- ❑ **Choosing games**  
 Puzzles – “Do you want the **cow** or the **dog**?”  
 Teddies/dolls – “Does teddy want a **drink** or a **cake**?”
- ❑ **Books**  
 Name pictures for your child.  
 Pause and wait for your child to name pictures.  
 Some books have repetitive phrases, eg “Where’s Spot?”



Children start to talk at different ages. Many children are saying around ten words by 18 months. Some children take longer and need extra help to learn to talk.

This leaflet provides information on how language develops and how to help your child.

Your Speech & Language Therapist is  
 ..... Tel: .....



### Learning to talk

Developing language involves lots of skills:

- Listening
- Understanding
- Thinking
- Needing and wanting to speak
- Taking turns
- Playing and exploring the environment

At first, children babble and try out sounds that they can make. These begin to mean and sound like real words, eg “dadada”. These early attempts at words may not sound right but close family members can understand them.

Children’s first words relate to things that are most familiar to them, eg “mummy”, “daddy”, “drink”. They then increase the number of words they can say and begin to join words together, eg “no drink”, “mummy gone”. Children gradually put more and more words together.



### REMEMBER:

- ❑ Children usually understand more words than they can say
- ❑ Children also use pointing, gesture and facial expression to help get their message across.



### How to help

- ❑ Respond to your child’s attempts to communicate with you. Copy back sounds and words that they say.
- ❑ Talk to your child as you play together. Talk about what they are doing and looking at. Use **short** sentences and **repeat** key words.
- ❑ Make sure that your child has chances to talk. Allow time for them to say something and try not to anticipate what they want.
- ❑ Offer **choices**, eg “Do you want **orange** or **blackcurrant**?”
- ❑ Try not to ask your child to say words, eg “say car”. They may feel under pressure to talk and not want to.
- ❑ Copy and add to your child’s words, eg  
Child “Car”  
Adult “Push car”



### REMEMBER:

- ❑ Talking is fun!
- ❑ Playing together helps your child to learn and use words