

Tips for encouraging speech and language

1. Read books together. When you have read the same book a few times, pause before the end of the line and let your child finish the line. You can point to clues in the pictures to help them if appropriate. i.e. Silly old fox, doesn't he know, there's no such thing as a **Gruffalo**.
2. Spend five minutes or more a day singing nursery rhymes. Sit with them so they can see your lips move as you say the words. If you attended rhyme time sessions, can you remember some of the songs we sang then?
3. When playing with your child, play at their level i.e. If they are on the floor, and you are able to sit on the floor too, then sit on the floor with them and play.
4. Repeat back what your child says to you either in home language or English – Child - "I runned to the swing."
Adult – "Yes, I saw you run to the swing. You were so fast."
5. Talk to your child as you do things or talk about what you are doing – washing up, making beds, getting ready for work. Talk about what you see if you go on a daily walk. Chat, chat, chat.

Toy tip

If children are saying they are bored then keep it simple for them by using their toys. Get out a few toys and activities and put them somewhere your child can see them i.e. two teddies and a blanket or some track and a couple of trains/cars. They will be more likely to play with them if they can see them. These can be changed at different points in the day, or the next day, for different toys.