

Children's Therapy and Family Resource Centre

801 McGill Road, Kamloops, BC V2C 6R1 Phone: (250) 371-4100 Fax: (250) 371-4120
www.kamloopschildrenstherapy.org

Ideas to Help Your Child Learn to Talk

Reduce distractions

- Turn off the radio, television, or computer.
- Try to clear the area of extra toys or clutter to help focus your child's attention.



Be interested in what they are interested in

- Get down to their level to show you want to play.
- Play face-to-face. This makes it easier for them to see your facial expressions and for you to see what they are looking at and what they are interested in.
- Allow them to lead the play and then join in and play with them.

Keep it short & simple

- Use one or two words to label objects, actions, and feelings.
- Repeat, repeat, repeat! They are just learning and need to hear words over and over.
- Give them a chance to take their turn at talking. Don't do all the talking.
- Wait for them to take a turn.

Create a need to talk

- Play "dumb." Don't automatically give them everything they need for an activity. Wait for them to ask for what they want or need.
- Leave out a word in a familiar rhyme or song and then pause to see if they can fill it in.
- Be silly and misname items that they are very familiar with (i.e. call a "fork" a "shoe").

Try not to use too many questions

- Questions can sometimes feel like a "test." Try using pauses instead of asking "what's this?" (i.e. You could say, "look, it's a ____" or "here's the ____").
- Avoid yes/no questions so they have to say more than "yes" or "no."

Be Positive and Relaxed

- Reinforce and encourage any attempts to talk.
- Repeat what they say to acknowledge that you understand.
- Don't demand talking but allow for it to happen.

