

What can I do to help my child at home?

Why does therapy look like play?

Your speech therapist will provide you with ideas, methods, and strategies catered to meet your child's needs. However, you are the greatest tool that can help your child on a day-to-day basis. This means it is important to take advantage of every opportunity to provide your child with language and learning opportunities. To make it fun for both you and your child, you can help them through play! Play is an amazing way of achieving a high number of practice attempts, without your child realising!

Some things to keep in mind when helping

- Name and comment on the things they are looking at and playing with
- Be face-to-face when playing and talking to your child
- Read books and talk about the pictures
- Follow their lead during play
- Offer choices (Try when giving snacks and playing with toys)
- Sing songs and nursery rhymes



Ideas for daily routines

Everyday routines contain abundantly rich, multi-modal cues that provide language learning opportunities. Try commenting on what is happening and what you do throughout the day. For example, when emptying the dishwasher, you can say "I'm taking the plates out", or "I'm putting the spoon in the drawer".

Don't be afraid to talk more! Very young children can learn up to 10 new words a day!!!

Using play time to help your child

Play is an important part of a child's development and an amazing way for them to express themselves and practice skills. More importantly, anything and everything can be a toy! Children have a vastly bigger imagination than adults and can make simple household items into a toy. For example, a blanket can be a cape, or a laundry basket can be a car.



The benefits of play

- Develop their gross and fine motor skills (big and small body movements)
- Remain healthy and active
- Develop social skills eg. build relationships, turn-taking and sharing
- Develop problem-solving skills
- Develop their understanding of their emotions
- Cope with difficult situations
- Develop boundaries and experience risk

When working with children at developing language levels, we want to use activities that encourage the child to use the language that is being learned to structure play, problem solve and explore new ideas. As children develop more elaborate and flexible forms of language, these can be used for more imaginative play.

