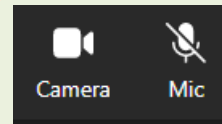


Early Attention, Listening & Play Parent Workshop

Speech and Language Therapy
NHS Highland, Argyll & Bute



To make the most of the session:

- *Keep your **cameras on, microphones off** (unless speaking).*
- *Ask questions as we go and at the end.*

Please don't worry about attending to children during the call - do what you need to do!



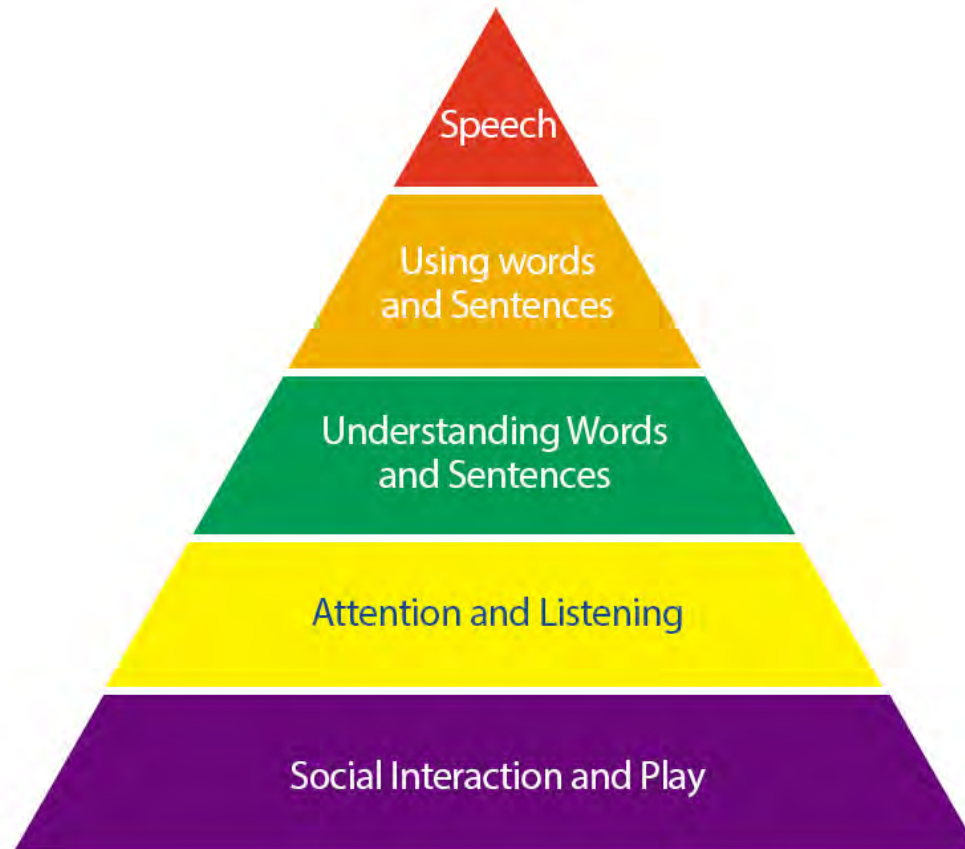
Aims



- What are the building blocks of communication development?
- How can we help develop social communication & play?
- How can we help attention & listening?
- Everyday strategies & activities to try.



The Communication Pyramid





What's typical?

In their first year

Babies tune in to
caregivers

Make eye
contact

Copy facial
expressions

Copy
gestures

Babble!



Children play in lots of ways!



Exploring

- Mouthing everything in sight!
- Exploring what toys do.
- Exploring what everyday objects are for.
- Learning that objects are still there, even if you can't see them!

Pretending

- Using objects; for example brushing hair.
- Playing with dolls and teddies.
- Driving toy cars around.
- Playing with miniatures (e.g. Doll house).
- Role play (much later).



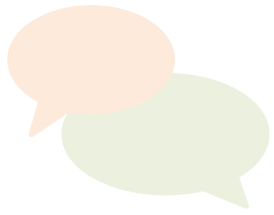
Tuning into others through play



At first children prefer to play alone.
(Solitary Play)

Around 2 years they begin to play alongside one another .
(Parallel Play)

By pre-school/P1 children are learning to play together and co-operate.
(Co-operative Play)



Learning to listen



Babies are easily distracted and can't concentrate on something for long.



1 year olds typically like to focus on one task and don't like to be interrupted!



2 year olds can't do more than one thing at once. They must stop what they're doing to listen to an instruction.



3 year olds can still only focus on one thing at a time, but they're getting better at listening to what you say.



4 year olds are just about beginning to be able to listen to instructions whilst still playing.



How can we help?



If your child likes to play alone

Try playing alongside them

Try and find a duplicate toy

Watch and copy what they are doing with it

Reward any glances with a big smile!

Try copying any noises or movements they make too



How can we help?



If your child likes to play alone

Once they're happy with you playing alongside them

Work towards sharing a toy

E.g. roll a ball back and forth between you...

...take turns to wheel a car over the sofa arm...

...take turns splashing in puddles!



How can we help ?



If your child finds it hard to listen

Reduce distractions

And help them focus on you

Switch off the telly or radio

Keep available toys to a minimum

Avoid being distracted yourself!



How can we help?



If your child finds it hard to listen

Make sure you have their attention

Get down to their level

Use their name before the instruction

Encourage them to look and listen

Avoid shouting from another room



How can we help?



If your child finds it hard to listen

Keep your language short and simple

Give one instruction at a time

Repeat what you've said

Use signs, gestures or objects to help keep their attention and help them understand

Give the next step only when step one is complete



Special Chatter Time



Try to put aside time every day to focus on talking – just you and your child.

Choose a quiet room, turn off the telly and have no distractions.

Let your child pick the activity. This could be a game, favourite toy, reading a book (not watching tv/film).

Allow your child to take the lead – play their way and try not to make suggestions.

Use the strategies we've talked about – talk about what you're doing in the moment. Don't ask too many questions.

Watch your child play and give them space to interact.

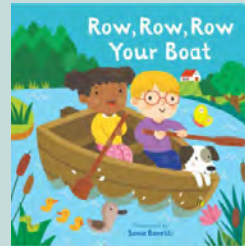


Other games to try



Ready, steady, go!

- Adult says 'ready, steady...' and waits for the child to indicate 'go'.
- On the swings
- On the slide
- Rolling balls
- Throwing bean bags
- Wheeling cars around
- Jumping in puddles
- Splashing in the bath
- Using shakers
- Marble runs



People games

- Games where the adult is the toy! Demonstrate, stop, and wait for your child to indicate 'more'.
- Physical songs and rhymes
- Tickle!
- Spinning games, horsey ride and other repetitive rough and tumble play
- Chase
- Peek-a-boo



People toys

- Toys that require an adult to operate them.
- Bubbles – blow some bubbles, then put the lid back on. Wait for your child to indicate 'more'.
- Balloons – blow up a balloon but then let it fly round the room. Wait for the child to bring it back to you!
- Wind up toys – show the child how it works but then wait for them to indicate 'more'.



Other things to think about



Share books
everyday

Sing familiar
nursery rhymes

Go along to local
groups, Bookbug
etc

Limit use of
dummies

Limit use of
screens

Every opportunity
is a language
learning
opportunity!



More ideas to try



BBC



Home

News

Sport

Weather

iPlayer

Sounds

Bitesize



Search BBC

Home

About

Activities

Tips and advice

Child development

Parenting Life

Professionals

Cymraeg



Activities

Simple, fun and free activities to try with your baby. Just select the age of your child.

CBeebies Parenting



Tips and advice

Experts and parents give their advice on language learning and child development.



Child development and milestones

Learn about your child's brain and how they understand the world.

[Tiny Happy People](#)





More ideas to try



Reading and stories

Writing and authors

Learning and resources

Browse and search

Donate

Clear filter

All song types



All languages



All themes



All formats



Bookbug Song and Rhyme Library

Songs and rhymes are a great way to have fun with your child – and they're also one of the best things you can do to support their development. You can find songs and rhymes to suit different moods or times of day. Try a range of songs and rhymes and discover your child's favourites!

[Listen to Bookbug playlists →](#)

Displaying 1 - 16 of 263 in total

1, 2, 3 My Mammy Caught a Flea →

A Big Red Bus →

Adelita (instrumental) →

A Finger Game →



[Bookbug Song and Rhyme Library - Scottish Book Trust](#)





And remember...



Share advice with
other adults

Try not to compare

Look out for all the
great things your
child does
everyday!

Do you have a question about the development of a child or young person in Argyll and Bute?

Just Ask Argyll and Bute Children's Allied Health Professionals (AHP) Advice Line

Call us on: **01546 70 3333**, Tuesdays, 9:30am – 11:30am
For children and young people aged 0–18 years

Speak to a friendly therapist for advice on:

- Movement, physical development and play
- Eating, feeding and nutrition
- Talking, communication and understanding
- Everyday routines and building independence
- How your child responds to sensory input (e.g. sound, touch, movement)



This is NOT an emergency service. If you are worried about your child's health, please contact your GP.

Any Questions?

Please let us know how we did!

