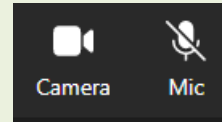


Early Language Parent Workshop

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!



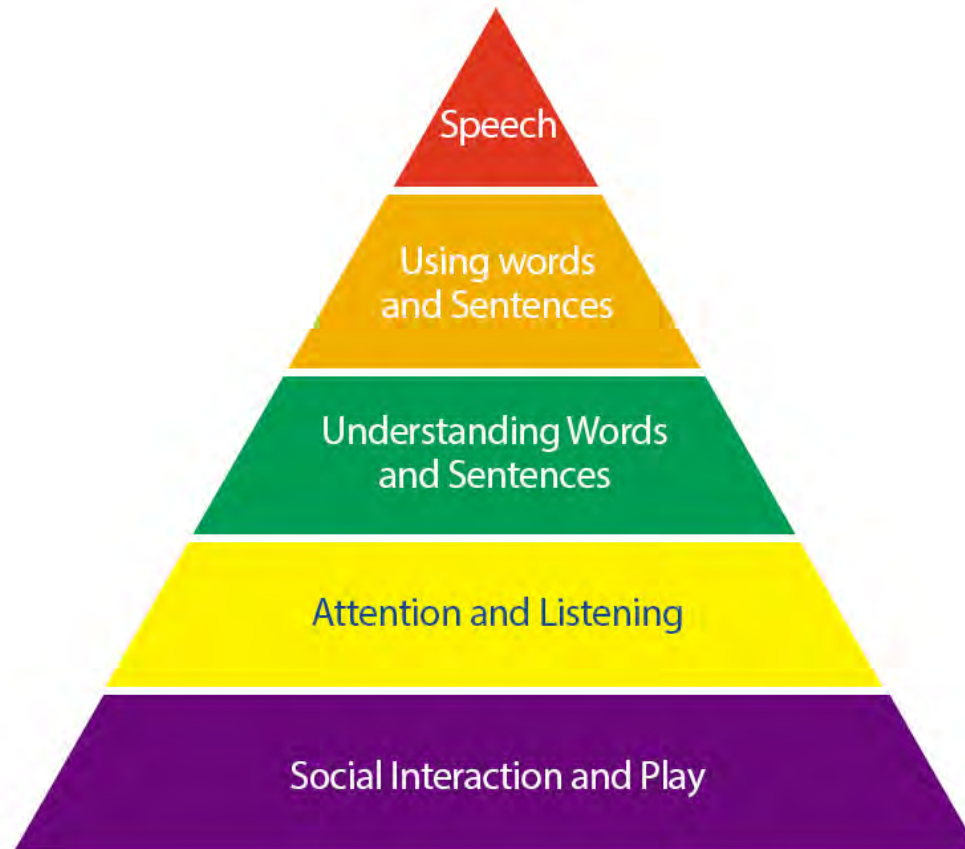
Aims



- What is typical communication development?
- What do we mean by language delay or disorder?
- How can we help communication development?
- Everyday strategies & activities to try.



The Communication Pyramid





What's typical?

In their first year

Babies tune in to
caregivers

Make eye
contact

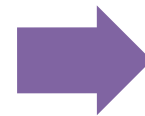
Copy facial
expressions

Copy
gestures

Babble!



What's typical?



1st Birthday

- First words e.g. 'mama', 'car', 'more'
- Understand 1 key word instructions e.g. 'find your shoes'.

2nd Birthday

- Two words together e.g. 'more bubbles', 'mummy teeth', 'bye bye teddy'
- Understand 2 key word instructions e.g. 'where's daddy's sock'?

3rd Birthday

- Three words together e.g. 'I want the ball', 'Mummy eat apple'.
- Understand 3 key word instructions e.g. 'put your coat and hat in the cupboard'.



When help's needed

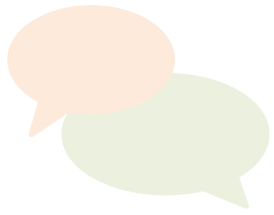


Language Delay

- Child is following the typical pattern of development, but is behind other children the same age.

Language Disorder

- Child's development isn't following a typical pattern and they're making progress their own way.



How can we help?



Get your child's attention

Limit distractions
- turn off the telly/radio

Get down to their level and make eye contact

Use your child's name to get their attention

Touch them on the shoulder to get their attention

Encourage good looking & listening



How can we help?



Use a calm tone, slowish pace

Don't shout

Keep instructions short and simple

Repeat instructions

Give one instruction at a time

Use objects to help them understand



How can we help ?



Give your child time to speak

What catches their interest?

Watch what they're doing and talk about that

Play together and let them lead

Give them time to respond to you

Don't be afraid of silences



How can we help?



Talk about what you are doing right now

Model new words and phrases

Repeat them over and over

Repeat back what your child says...

...and add something else

e.g. Child says 'car', you say 'yes, daddy's car'

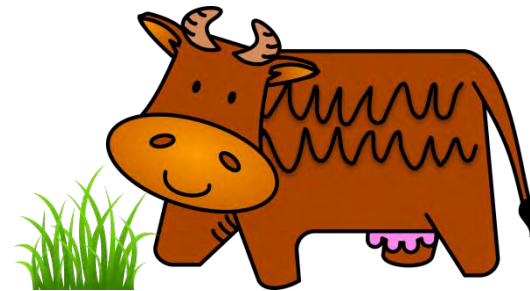
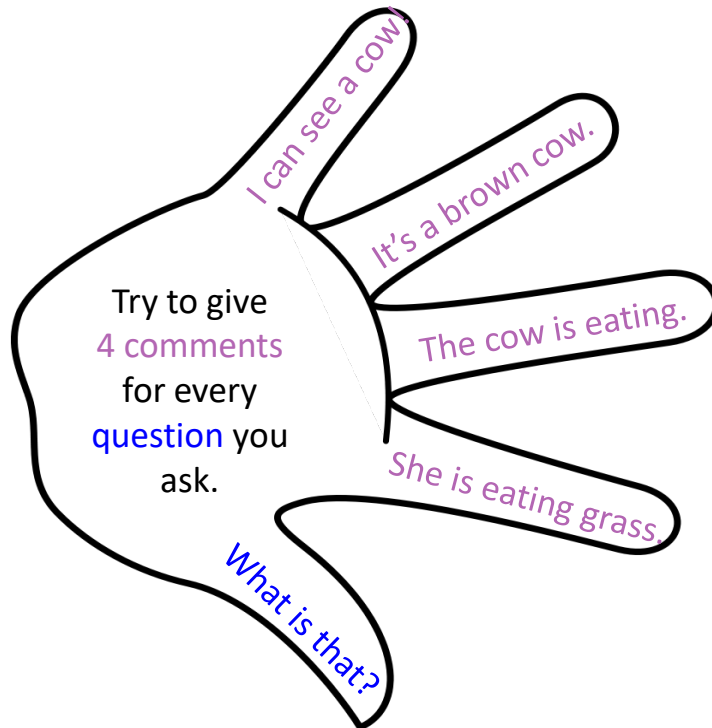
Recast your child's talking if they make an error

e.g. Child says 'tat', you say 'yes, a cat'



How can we help?

Don't ask too many questions





Routine Chatter



Getting dressed

- Label body parts.
- Name clothing items .
- Talk about textures – ‘soft’, ‘fluffy’, ‘warm’ etc...

Bath time

- Talk about ‘washing’ different body parts.
- Use words like ‘splash’, ‘dry’, ‘puddle’ etc...
- Try washing ‘dolly’s toes’ etc...

Meal times

- Offer choices by holding out food items
- Use words such as food items, ‘plate’, ‘fork’, ‘table’ etc...
- Talk about ‘sweet’ foods, ‘sour’ foods, ‘hot’ and ‘cold’ foods.



Chore Chatter

Laundry

- Involve your child – can they find ‘daddy’s sock’?
- Label clothes as you go.
- Use words like ‘wash’, ‘in’, ‘pull out’, ‘fold’, ‘wet’ etc...

Cooking

- Ask your child to fetch ingredients from the fridge.
- Talk about ‘chopping’, ‘washing’, ‘stirring’, ‘baking’ as you go.
- Use words like ‘hot’, ‘cold’, ‘tasty’, ‘smelly’.

Tidy up time

- Label toys as you pick them up.
- Encourage your child to sort as they go, and talk about categories. ‘All your cars go in here.... All your animals go in here...’
- Give short instructions about where things go.



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 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



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Sport

Weather

iPlayer

Sounds

Bitesize



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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!

