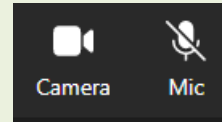


Early Speech Parent Workshop

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!



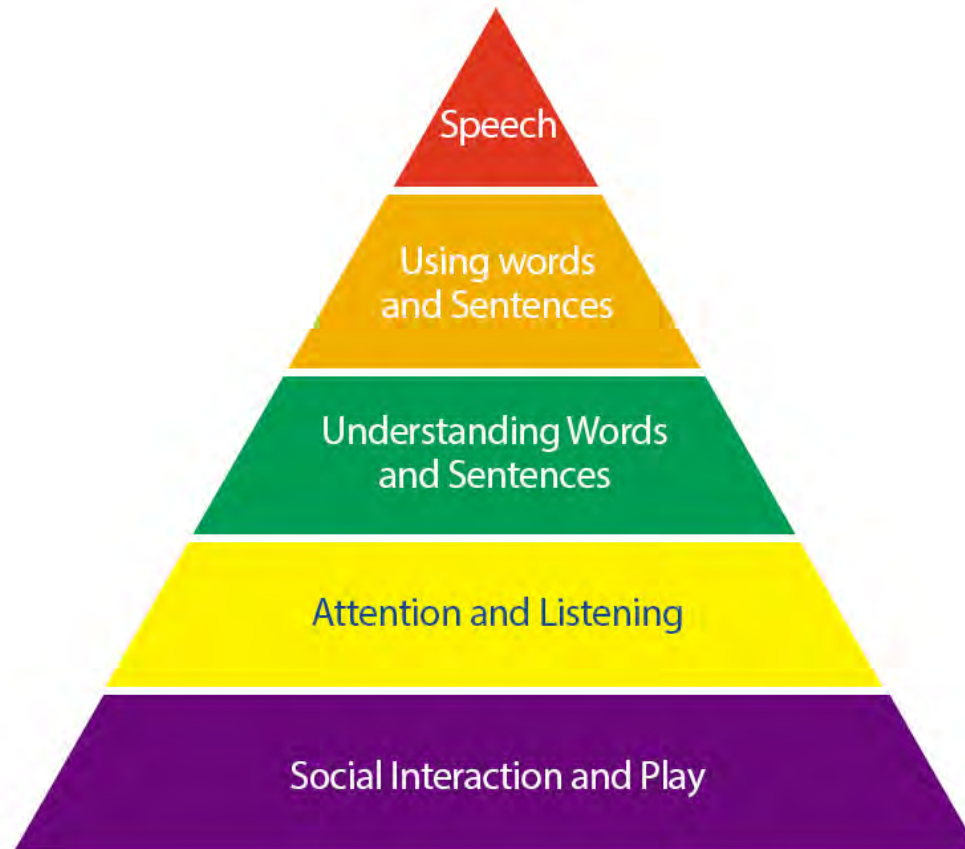
Aims



- What is typical speech development?
- What do we mean by phonological delay or disorder?
- How can we help phonological 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?



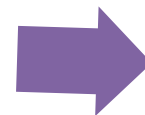
1st Birthday

- First words e.g. 'mama', 'car', 'more'
- Some speech sounds are accurate, but this is very hit and miss.
- Other people may not understand what they are saying.



2nd Birthday

- Most children start using short phrases of two words or more.
- Speech is still very unclear.
- Your child may be becoming aware that not everything they say is understood!
- You are best at understanding their speech and may act as translator!



3rd Birthday

- Most children start to use longer sentences.
- Speech is getting clearer but you still can't understand everything.
- As sentences get longer sometimes they get harder to understand!
- Unfamiliar people may be beginning to understand more of their speech, but you still understand most.



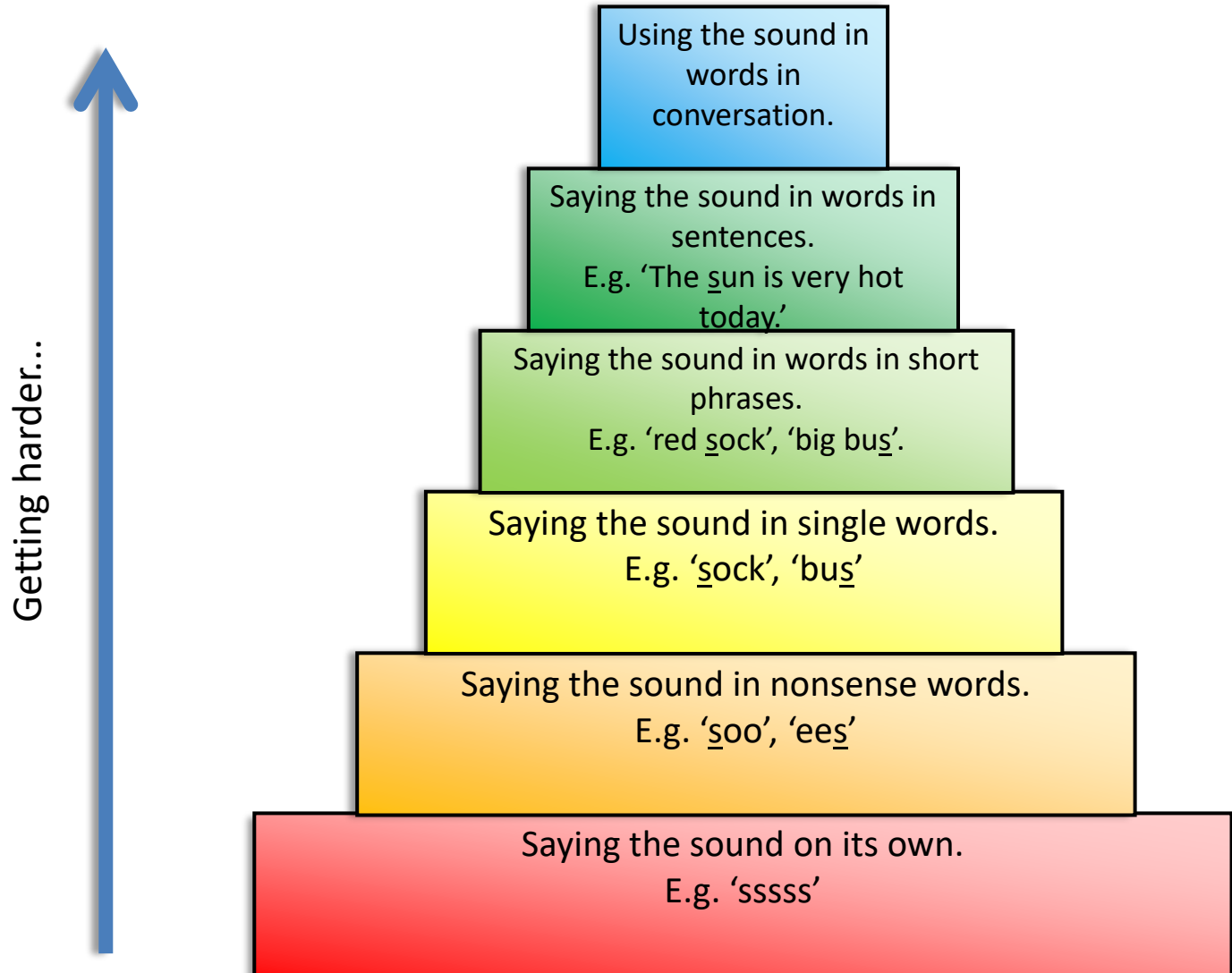
What's typical?



Appropriate ages at which children can normally produce speech sounds	90% of children by the end of
All Common vowels (a e i o u ee oh oo)	3 years
p b t d m n w	3 years
k g f h y (as in "yet") ng (as in "sing")	4;06 years
s z v l	5 years
sh ch j Blends with "s" (as in stairs, spider, sweetie)	6 years
r th as in "thin" and "then" Blends with "r" and "l" (as in black, pram, flower)	7 years

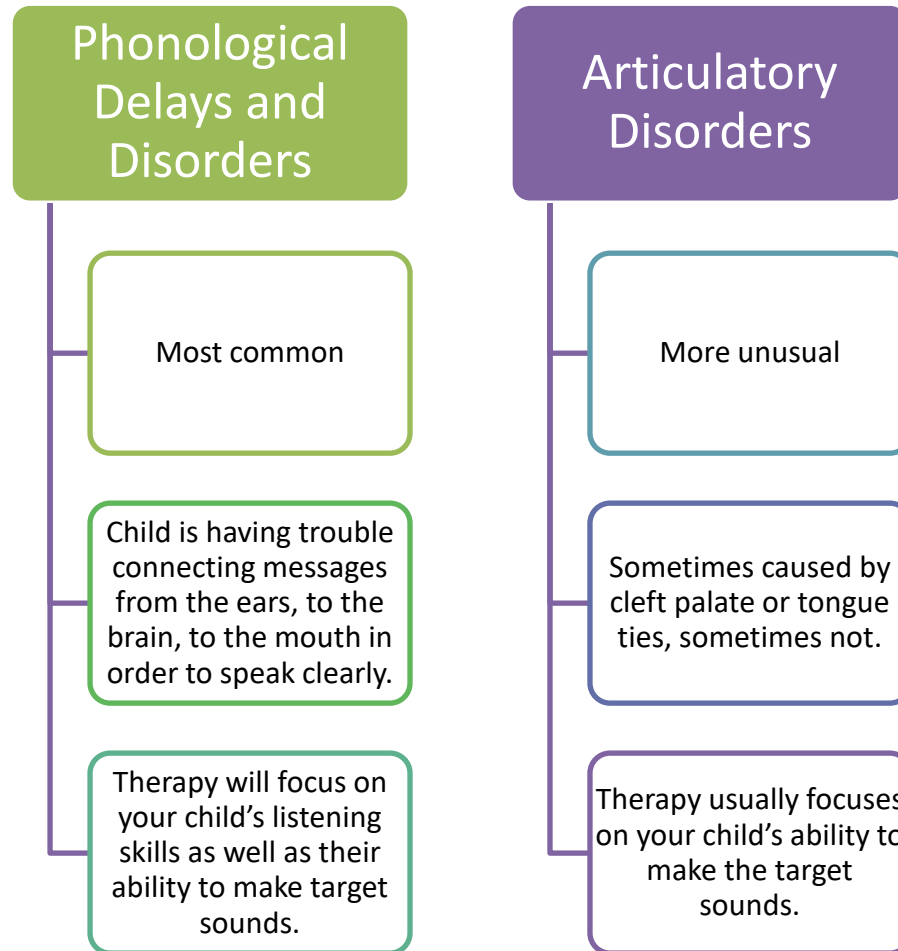


What's typical?





When help's needed





When help's needed



Phonological Delay

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

Phonological Disorder

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

Articulatory Disorder

- Child's speech is different because they aren't making sounds in the typical way. This usually affects one or a group of similar sounds.



How can we help?



When talking to your child

Give them your full attention

Reduce distractions

Model a slowish, clear way of talking.

Encourage good looking and listening.

Focus on what they are saying, and not how they are saying it.



How can we help?



When your child is talking

Don't correct them, instead repeat back what you've heard the adult way.

E.g. Child says ' the gog is in the gargen', you say, 'yes the dog is in the garden'.

This let's them know you've understood...

...building self confidence...

...whilst also giving a them a clear model of the sounds we want them to be using.



How can we help ?



When your child is talking

Don't pretend you've understood if you haven't...

...this can lead to even more frustration.

Share the responsibility for not understanding them e.g. 'sorry my ears weren't switched on then...'

Model and encourage a clear, slower rate of speech.

Repeat back what you have understood to help build confidence and clarify what still needs repeating.



How can we help?



When your child is talking

If you still don't understand...

...be honest

Try offering them choices e.g. 'did you mean cat or cow?'

Ask them to show you, point, use their hands or draw what they mean.

Acknowledge how frustrating it can be for you both.



How can we help?



If your child is upset or cross
about their speech

Acknowledge and validate their feelings if they
want to talk about them.

Share the blame e.g.
'sorry I wasn't listening
properly then'.

Explain it can take time
to learn to talk clearly.

Remind them of all the
things they are good
at.

Praise clear and well
paced talking.



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.

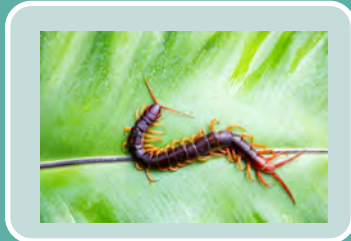


Ideas to develop Phonological Awareness



First sounds in words

- Talk about sounds you hear in words as you play. Find lots of words that have the first same sound.
- Try games like I spy (but don't worry about spelling rules).



Syllables

- Try clapping out syllables in long words. People's names are a great place to start!
- Try sorting pictures or toys by the number of syllables they have.



Rhyme

- This is a reeeaaally hard skill to master!
- Try sharing familiar books that rhyme and talk about the words that sound similar at the end.



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



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!

