

Let's Talk



Tips to help your child speak and communicate

NAYI DISHA RESOURCE CENTRE

AN ONLINE INFORMATION RESOURCE

Nayi Disha Resource Centre is an online information resource platform to promote children's development and support families of persons with Intellectual and Developmental Disabilities (IDD).

Feel free to write to us with your suggestions or queries at,
contactus@nayi-disha.org

NOTE - The tips included in this booklet will help all children improve their language and communication skills and create long-term benefits for their learning and help in development of their socialization skills.



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TALKING TIME: HELPING YOUR CHILD'S LANGUAGE

Talking to your baby

- will help your child learn to talk
- will make your baby clever – it will stimulate your baby's brain and strengthen the connections that make learning possible
- will help your child develop social skills and good relationships and
- will help your child in learning to read; language skills are the foundation for reading.



SOME TIPS FOR TALKING WITH YOUR CHILD



Time:

- Anytime - whenever you get a chance to do so.
- Special time - set aside 20 to 30 minutes of time each day to do fun activities like singing, games or picture books.
- Keep the room quiet - turn off TV/videos and other distractions.

Attention:

- Gain your child's attention - create interest with enthusiasm
- Encourage the child to listen to different sounds to look at you or at the toy/object/picture.



Listening:

- Listen carefully. Look at your child when listening to him/her. Register your response with a nod and facial expressions, while giving the child time to complete his/her sentences.

Responding:

- Imitate little sounds babies make.
- Acknowledge their response to any given situation by expanding on the context. For e.g. If they said "milk", then respond back by saying "You want milk? You like milk?"
- Use more words to increase their vocabulary e.g. "do you want milk or water?"



Facilitating, not correcting:

- If the child uses a word/sentence in the wrong context, do not force the child to correct it. Respond with the correct word/ sentence and help maintain the child's interest and confidence while doing so.
- Questions and directions can interfere with the development of listening skills during language learning in little children.

TALKING TIPS FOR FIRST 3 MONTHS AFTER BIRTH



Talking Tools

- Small bells & rattles
- Pieces of clean colourful cloth
- Mobiles with colourful hangings

- Hold your baby near your face.
- Talk to your baby
 - in a special way e.g. in a sing-song way
 - slowly
 - with a lot of pauses
- Use a lot of repetitive words, for e.g. “my baby, lovely baby, good baby”, “one finger, two fingers”
- Use facial expressions when speaking.
- Face the baby when you speak.
- Continue to smile & change expressions to get their attention.
- From 6-8 weeks of age your baby can be engaged in conversation.
- Smile and wait for your baby to respond to your voice when you speak.
- Use words or expressions to express any movements or sounds.
- Imitate/repeat sounds that your baby makes.

TALKING TIPS FOR 3-6 MONTHS

**Use all the tips from birth to 3 months,
and these additional tips given below**

- Talk to your baby about what you are doing or what he/she is doing or looking at, e.g. “Are you hungry?”, “What can you see?” etc.
- Keep your sentences simple and short.
- Engage in joint picture book reading with you baby. Describe the pictures to the baby with sound and actions.

Talking Tools

Picture books:
small books with
colourful pictures of
objects e.g. cup,
ball, fruits, people



TALKING TIPS FOR 6-9 MONTHS

Talking Tools

- Toys that the child can push, press to pop up, spin, bang or make sounds with
- Rattles, balls, blocks, lids and boxes
- Small books with colourful pictures of objects e.g. cup, ball, fruits, people, animals
- Crumpled bits of paper

- Sing action songs and rhymes (keep them short)
 - play games like 'peek-a-boo' to encourage communication and attention skills.
- Combine songs with actions e.g. clapping hands, wheels moving, eating, drinking, bye etc.
- Imitate: make the same sounds your baby does.
- Give plenty of pauses, babies need time to respond.
- Describe your baby's actions e.g. touching, banging, giving etc.
- Share the focus of attention
 - look and name what the child is looking at
 - point to show something interesting and
 - describe it when the child looks at it.



TALKING TIPS FOR 9-12 MONTHS

Talking Tools

- Toys that the child can push, press to pop up, spin, bang or make sounds with
- Soft toys e.g. dolls, animals
- Toy cooking/tea set, cup, plate, spoon,
- Small books with colourful pictures of objects e.g. cup, ball, fruits, people, animals
- Crayon/pencil paper
- Some empty boxes

Use all tips for kids between 6-9 months, and these additional tips given below

- Use simple short sentences, for e.g. "This is a ball".
- Pause between sentences.
- Use gestures/ actions to add meaning and gain the baby's attention.



TALKING TIPS FOR 12-18 MONTHS

Talking Tools

- Toys that the child can push or pull : baby walker, truck, a large toy attached with a string
- Shape sorters: puzzles, post-in toys
- Soft toys e.g. dolls, animals
- Toy cooking/tea set, cup, plate, spoon, toy telephone, car, plane, train

- Sing nursery rhymes and action songs with the child.
- Talk to your child about what you are doing, such as 'Mummy is putting shoes on'. This will help them associate words with the world around them.
- Keep your sentences short and simple. When speaking be audible and talk at a slow pace.
- Use toys/objects that make sound, which can help in grabbing the child's attention.



TALKING TIPS FOR 12-18 MONTHS

Talking Tools

- Small books with colourful pictures of objects e.g. cup, ball, fruits, people, animals. Pop up books.
- Soft toys e.g. dolls, animals
- Toy cooking/tea set, cup, plate, spoon, toy telephone, car, plane, train

- Let the child lead during their play activities.
 - If your child is pointing at something, tell them what it is.
 - If they try to say the word, say it back to them.
- Name the objects your child sees.
 - This could be their toys, clothes, parts of their body or household objects.
 - Try naming pictures more and avoid asking.
 - Use a lot of repetitive words. Repeating words helps them remember and recollect those words during communication.
- Do not utter sentences that appear to correct the child's speech, instead use correct choice of words when replying to the child.



TALKING TIPS FOR 18-24 MONTHS

Talking Tools

- Various size containers with water or sand to fill & empty
- Playdough, Toy cooking/tea set, cup, plate, spoon,
- Shape sorters : puzzles,
- post-in toys,
- Colour matching : blocks or colour paper pieces
- Small books with colourful pictures of objects and activities e.g. eating, sleeping, running and ball, fruits, people, animals
- Crayon/pencil paper.

Use all tips for kids between 12-18 months, and these additional tips given below

- Repeat the usage of words, while adding new words to your communication with the child.
- Keep your sentences short, not more than 2-5 words long. For e.g. “The boy is eating an apple”
- When you realize the child is unable to communicate what he/she wants, describe the activity to them by completing their thoughts with your words and gestures. For e.g. “Yes, now the boy is running”.
- Only ask questions to expand what the child has said or as a background to an activity. Don’t ask questions to test the child. This will help them associate words with the world around them.
- Read books together like you are telling a story, not as if you are teaching it to them.



TALKING TIPS FOR 2-2.5 YEARS

Talking Tools

- Paper, colours, brushes, pencils, finger paint
- Playdough, Toy cooking/tea set, cup, plate, spoon, action figures, animal toys
- Shape sorters: puzzles, post-in toys
- Boxes

- Share your child's focus of attention. Now the child can elaborate and you can join in talking about his/her interest. For e.g,

You : Are you making tea for mommy today?

Child : Yes, would you like some? I have biscuits too

You : What are you drawing today? Is that a peacock?"

Child : Yes, he has blue and green feathers, with a long tail

You : Shall we spot one at the park today?

- Use play material in a new and fun way, without telling the child what to do with it. Do not be intrusive, instead be a model for the child.

- Keep your voice tuneful and lively while talking to the child.

-Repeat words and phrases.

- Expand a little on what the child says. For e.g,

Child : Daddy gone

You : Daddy gone to the shop. Daddy will bring some...

Child : Dolly hair

You : Brush dolly's hair .

- Use puppets and pictures to help children listen to stories. Don't be afraid to tell a story more than once.

-Repetition helps children understand and remember words better.

- If the child makes an error in talking you say it in the right way. Don't correct the child, which may make the child feel anxious.



TALKING TIPS FOR 2.5-3 YEARS

Talking Tools

- Small books with colourful pictures
- Short stories with only a few printed lines/words per page
- Toys representing household activities e.g. cooking, shopping, gardening, travel, bus, train

Use all tips for kids between 2-2.5years of age, in addition to these additional tips given below.

- Have conversations, building on what the child says or does. For e.g,

Child : Look at my new car.

You : What a lovely car. It's shiny and blue. Shall we take it to the park today?

Child : Look, a dog

You : Yes, a furry black dog

Child : He is big, and has a ball in his mouth

You : What shall we name him?

- Encourage role play where the child and you take up roles and act it out. For e.g, role play as a mother/father, teacher, doctor, policeman or action hero. This creates a great opportunity for developing one's language and social skill sets.



TALKING TIPS FOR 3-4 YEARS AND AFTER

Talking Tools

- Paper, colours, brushes, pencils, finger paint
- Playdough, Toy cooking/tea set, cup, plate, spoon, action figures, animal toys
- Small books with colourful pictures and short stories with only a few printed lines/words per page.

- This is a good age to start engaging in a good chat with your child.

-Follow the child's lead for his/her interest or some activity they have done.

-Talk about what happened.

-Expand on what the child says.

For e.g,

Child : We built a birdhouse at school today

You : Did you, how big was it?

Child : It was brown and bigger than my hand

You : So a tiny bird can sit in it. Did you put it out in the garden for your bird friends?

Child : Yes, and we put some grains in it too

You : That is very good.They can munch on their snack when they visit your birdhouse.

and so on....

- Join a child in pretend play. Let them take the lead. Talk about what they are saying and doing rather than asking lots of questions.
- Reversing roles can be great fun for a child. Let them be the 'mummy' or the 'teacher'. This helps them to talk about new situations.

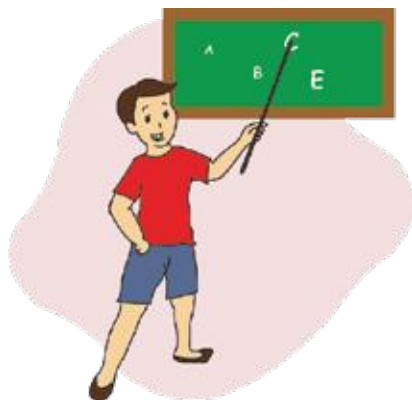


TALKING TIPS FOR 3-4 YEARS AND AFTER

Talking Tools

- Toys representing household activities e.g. cooking, shopping, gardening, travel, bus, train
- Simple board games e.g. 'Snakes and ladders'
- Picture cards

- Play with and talk about
 - sequences of coloured bricks or shapes
 - numbers and days of the week.
- Playing board games that involve taking turns helps them listen and concentrate in the long term.
- Children may need time to think before responding to questions and instructions. Give them time without answering for them or finishing their sentences.
- Questions can encourage the child to elaborate and describe.
 - Doing questions**
What are you making? It looks so nice, how did you make it?
 - Memory questions**
What did you and your friend do at the park today? Did you have fun playing on the slide?
 - Feeling questions**
Did you feel sad grandma had to leave? Do you miss her? She misses you too. Shall we telephone her now?



YOU MIGHT WANT TO CHECK OUT

Here are some other resources that can be found on our website
www.nayi-disha.org



**A CHILD'S LANGUAGE
DEVELOPMENT, AND
WAYS TO PROMOTE IT**



**CHILD GROWTH
DEVELOPMENT
ASSOCIATED DELAYS**



**CATCHING DEVELOPMENTAL
DELAYS EARLY - QUESTIONS
TO ASK YOUR PEDIATRICIAN**

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