



Speech and Language Strategies

Suggestions for how to grow your child's language before a speech-language evaluation or treatment



My Child is...

New Born - 12 months Old

1 - 2 Years Old

2-3 Years Old

3-4 Years Old

4-5 Years Old

New Born - 12 months

Routines



Talk to your infant face-to-face or side by side. Describe what is happening in the world around them. Play with sounds (e.g., weee!, uh oh, vroom, la la la).

Songs and Rhymes

Sing and play music with your child. Children's songs and nursery rhymes are repetitive, melodic, and predictable -- all things that catch a little one's attention. Sway back and forth to allow your child to feel the rhythm on the song.



Sensory Experiences

Let your child experience the world through various senses (e.g., touch, smell, taste). Give them words to describe their experiences!



1-2 Years

At this age, children are learning more and more about the world around them. We can help them in play, reading, and games.

Play



Play is how children learn. Children at this age are learning to stack, put in and take out, push buttons, open and close. LABEL those actions when your child is playing.

Movement Words

Children are starting to become more active at this age. Model 1-2 word sentences filled with action words!



"Go Run!"
"Splash me!"
"Tickle me"



1-2 Years

Read

Reading can start at this age!

Talk about the pictures on the page. Touch and feel books are even more interesting to young ones.

Make a family and friends book by taking pictures of familiar people doing routine things (e.g., eating dinner, going on a walk, playing).



Questions

Offer choices when asking questions

Do you want to go "up" or "down"?

Do you want "banana" or "apple"?

Doing so can help your child learn to answer simple questions.



1-2 Years

Music and Songs

Encourage your child to sing and dance along to songs. This will encourage sound development and sound play, as well as develop their use of gestures!

- Old MacDonald (learn animal sounds)
- Baby Shark (Family Names)
- Head, Shoulder's Knees and Toes (Body Parts)
- Itsy Bitsy Spider (Learning to imitate gestures)
- One Little Finger (Gestures)
- Freeze Dance (learning to wait)

If your child does not yet imitate sounds.. encourage them to clap, wave, or sway to the music!



2-3 Years

Routines and Daily Life

Have your child participate in activities of daily living. Model and label new vocabulary. Describe how things work.

Encourage Following Directions

- Say what you want them to do. Wait a few seconds and then help them do it. Give them lots of praise for listening.
- "Open the box." "Mix the flour." "Pour the water in the bowl." "Put your car and cup in your bag."

Describe the STEPS of an activity

- First we are going to open the cap, THEN we can draw with the marker!
- First we need to put on our bathing suits THEN we can go to the pool to go swimming!



2-3 Years

Literacy

Re-reading books at this age helps children learn vocabulary, become familiar with the story, and predict what might happen.

Encourage your child to **comment** on picture in the book, complete sentences in stories (e.g., Brown Bear Brown Bear What do you....), retell the story, answer questions such as...

- "What happened?"
- "What would happen if..."



3-4 Years

Building Story Telling and Sequencing

3-year-olds are learning to be independent! They want to do things all by themselves.

Provide opportunities for your child to be self-directed and allow them to tell you WHAT is happening, WHEN, WHERE, and HOW.

- If you are coloring, have your child tell you where the crayons are, what to draw, and how to draw!
- If you are getting ready for snack, encourage your child to let you know what they need (e.g., the cup, the plate etc).

Pretend Play

Provide opportunities for pretend and role playing.

- Washing Dishes
- Going Grocery Shopping
- Going to the zoo or park
- Cleaning the house/Chores



4-5 Years

Storytelling

Ask your child about a favorite cartoon or T.V. show. Encourage your child to tell you about main characters, locations, feelings, and other important events. This will help with story comprehension, story writing in the future AND answering "wh" questions.

- Who is the dog on Paw Patrol that is a Fire Fighter?
- Where does Peppa Pig live?

Personal Storytelling

After family events, holidays, or outings. Talk to your child about the events and details that happened.

- We went to grandma's house because it was her birthday. Your cousins and aunt and uncle were there. First you played with everyone in the backyard and then it was time to eat. After we ate we sang Happy Birthday!



4-5 Years

Play the Guessing Game

Play the guessing game. This game is great for learning to describe.

- I'm thinking of an animal that is super fast, has spots on it's body...
- Let's play... I want to play with something that rolls, bounces, and you can toss it back and forth

Games such as HedBandz, Guess Who, and I Spy... are great vocabulary building games.

