

EVERYDAY STRATEGIES TO ENCOURAGE SPEECH & LANGUAGE

USE THESE IDEAS TO HELP BUILD YOUR CHILD'S
SPEECH AND LANGUAGE



- 1 – JUST TALK!
- 2 – READ TOGETHER
- 3 – MODEL, DON'T QUIZ
- 4 – +1 RULE
- 5 – LIMIT SCREEN TIME
- 6 – PLAY





JUST TALK! LITTLE EARS ARE LISTENING

One of the easiest ways to boost your child's language is by simply talking to them. A great way to do this is by narrating (describing out loud) what you are doing throughout the day. Use an animated, playful voice to make it fun — your child will love listening and learning!

EXAMPLE

When picking out clothes for your child to wear.... “It is time to get dressed! It’s going to be a cold day. Let’s look in the closet... wow, so many colors!





READ

READ TOGETHER!

- Sit Face-to-Face and let your child watch your mouth and facial expressions. Choose books with songs, rhymes, and repetitive phrases.
- Make It Fun! Use different tones of voice, hand gestures, and expressions to keep them engaged.
- Talk About What You See! Point, label, and describe what you see to expand vocabulary.
- Repetition is Good! Reading the same book again and again is okay, it helps children anticipate what comes next and join in with words.

BOOK RECOMMENDATIONS

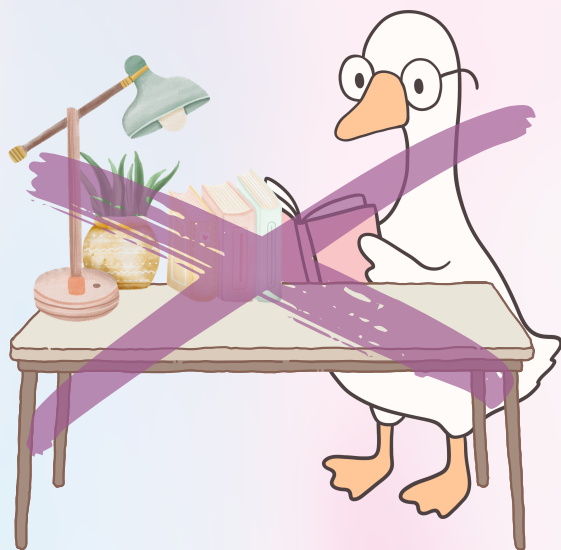
Brown Bear, Brown Bear, What Do You See?

Chicka Chicka Boom Boom

Pete the Cat: I Love My White Shoes

Five Little Monkeys Jumping on the Bed





THE

MODEL, DON'T QUIZ!

Young children learn language by hearing it, over and over again. Instead of asking your toddler questions, make more comments during play and daily routines. Aim for 3-4 comments before asking a question—whether you're reading, bathing, or getting dressed. This helps language grow naturally and keeps it fun!"

EXAMPLE- DURING BATH TIME

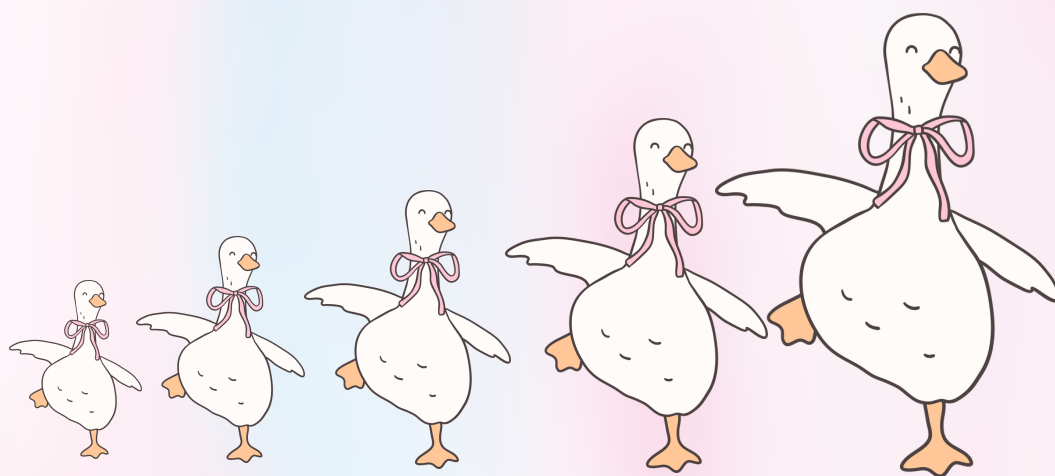
Instead of:

"What's this animal? What color is it? What sound does it make?"

Try:

"Look a duck! Here comes your duck. He's swimming in the water! Quack Quack Quack! One, two.... two ducks! Uh oh, the bubbles are getting big. Let's pop them. Pop Pop Pop. Oh no where did the ducks go? (pause) If no answer, then you answer for them... Under the bubbles!"





+1 RULE

Expand on what your child says! Instead of just repeating what your child says, add one more word! This will help your child build language and increase the number of words he/she says in a single utterance or statement.

EXAMPLE

Child says “Dog!”, Adult responds with “Big Dog” or “White Dog” or “Pet Dog”

Child says “Juice!”, Adult responds with “Want Juice” or “More Juice!” or “Yummy Juice”

Child says “Ball Go” Adult responds with “Ball go in” or “Ball go up” or “Ball go fast”





LIMIT SCREEN TIME

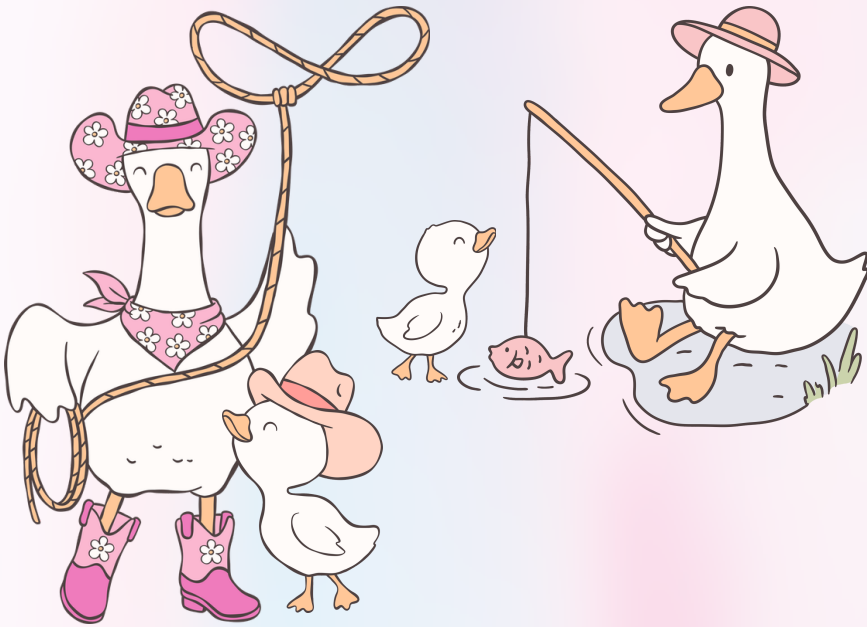
Kids learn to talk by interacting with people, not screens!

- Too much screen time can negatively impact language development and reduce attention span
- Screens don't give real-time feedback or facial cues

AAP Guidelines

- No screens under 18 months (except video calls)
- 18-24 months should co-view and choose high quality shows
- Max 1 hour/day for ages 2-5, co-viewed with adult





PLAY!

Did you know that play itself builds the foundation for language?

- Play teaches turn-taking, imagination, and problem-solving
- It builds connection and trust with your child
- Language grows best when children feel safe, engaged, and relaxed
- Talking may come later — but the skills start with play!

