

## **Here are 10 things you can do to help your child's speech:**

1. Talk to your child all the time! When you and your child are doing something, say everything that you are doing. Keep it short and simple. For example, if you are playing with a ball: "This is a ball. It's round and blue. You are bouncing the ball. I am going to hand it to you."
2. Sing songs! Singing simple songs like ABCs or Wheels on the Bus. This can improve your child's mood and it can help them build their memory.
3. Teach your child new words like body parts: "This is your nose. You use your nose to smell things like flowers and cookies."
4. Repeat what your child says to show you understand. Speak clearly and let them watch your mouth while you are talking.
5. Teach your child some basic sign language for simple things like "More."
6. Teach your child colors! Talk about colors, organize objects in your house by their color. Let them use crayons to draw and talk about the different colors.
7. Play every day! Set aside even just 5-15 minutes without any phones/distractions to just focus on playing with your child. It will help you bond and help them learn. Playing with other children helps their speech also!
8. Add onto what your child says. If they say "dog" say "Yes, that's a dog. That's a black dog and he's barking"
9. When you are running errands with your child, make it a chance to work on their speech. Count everything you see, Point out colors and shapes, Teach them animal sounds.
10. READ! Reading with your child every day will help you bond with them and also is one of the best ways to help their speech. Don't just read the words on the page-- talk about everything going on on the page! Ask your child questions about things on the page or ask your child to point to different parts of the page.