

## Further Information

For more information or to discuss your child's communication, please contact:

Speech and Language Therapy Department  
NHS Western Isles  
Tel. 01851 708 282 or 01870 603 241



Bòrd SSN nan Eilean Siar  
NHS Western Isles

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

# Get Me Talking



**Top tips for babies and toddlers**

# What does good communication look like?

- ✓ Being happy and relaxed and having fun!
- ✓ Listening and responding to each other.
- ✓ Playing with the things your child shows an interest in.
- ✓ Sitting at your child's level, face to face, during play.
- ✓ Talking to your child during play.
- ✓ Focusing on your child, not on your phone or other things.





## There are lots of chances to stop and wait to see what I do and say

- Stop and wait to see what I do and say when you are playing with or talking to me.
- Respond to what I say as well as my facial expressions and body language.
- Give me time to respond (count to 10 silently). You may be surprised by what I do or say!
- Use simple language to comment on what I am doing.

### Remember:

You can do this at meal times, bath time and bedtime as well as play times.



## TV, tablets and mobile phones stop me interacting with you. They are really distracting!

- Try to spend some time with me each day with the TV, tablets and other screens switched off.
- When these things are on in the background it can make it harder for me to listen and understand what you are saying.
- Ignore the phone when we play – that message can wait.
- Choose things we can watch or play together. I will learn lots from having the opportunity to discuss what I'm seeing on the screen with you.

### Remember:

Have TV-free days, or try a two hour daily limit on screen times.





## Being face-to-face means we can see each other's facial expressions and I can see your mouth saying the sound/word

- When I am little, have me facing you in my buggy or sling so that I can see you and you can talk to me while we walk.
- Come down to my level or bring me up to yours when you want to talk to me.
- When reading a book sit me where I can see your face and the book.
- When singing nursery rhymes sit me where I can see your face and any actions.
- Choose a time when we can talk without being distracted.
- When you talk to me or comment on what I am doing make sure you are facing me.

### Remember:

Face-to-face conversations are always important ...whatever age I am!



## Help me stop using my dummy by 6-12 months - the earlier the better!

- Always remove my dummy when I'm talking.
- Cut down on how much I use my dummy – only if I really need it.
- If I have a dummy at bedtime, take it away when I fall asleep.
- Never dip my dummy in anything sweet. This will really damage my teeth.

### Remember:

By stopping dummy use, this will let my teeth develop in the correct shape and my speech will be much clearer.





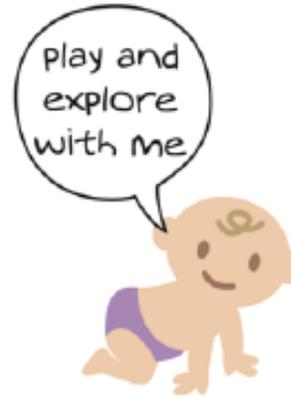
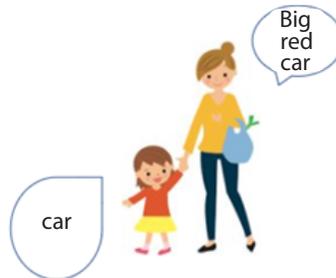
## Add a few extra words to the words you have heard me use

- Talk about what I am playing with and comment on what I am doing using short and simple language.
- Use your face, eyes, body and voice to make your talking more interesting.
- I don't like to be asked lots and lots of questions, especially if I don't yet know the answer.
- If I'm not using many words try to match your sounds and words to mine, model the right way to say things and add 1 more word:

Child: "Car"

Adult: "Yes, red car"

**Remember:**  
MATCH — MODEL — MORE



## Playtime is my learning time and you are my first playmates!

- Come down to my level. Help make me comfy and let me see your face clearly.
- Let me choose the game and follow my lead - I'm more likely to communicate when I'm motivated.
- Comment on what I am doing to help me learn new words.
- Don't ask me too many questions – I might not have the answers yet!
- It's much more fun when you join in my play.
- When we play together I learn how to share and take turns.

**Remember:**  
Comment on your child's play.





## Reading is important at all ages. It's never too early

- Pick a quiet time for us to read a book together. It doesn't have to be bedtime.
- Switch off the screens.
- Let me choose the book - it's ok if I choose the same book a few times. Children like repetition and learn lots from this.
- Use lively voices to keep me interested.
- Make stories fun!
- Read the words out loud and point to the pictures.

**Suggestion:**  
Why not join the library?



## I may not always understand what you're saying so best to show me too

- Point or use gestures when you are talking to me.
- Show me by using objects or pictures, e.g., a rubber duck at bath time.
- Lead me to what you are talking about.
- Show me what you want me to do.
- Keep your sentences short and simple – one word, sign, or gesture may be enough.
- Emphasise important words.
- Use facial expressions, voice and body language.

**Remember:**  
This will help me to learn more about the world around me.

