

# Speech and Language Therapy: Supporting your child's communication journey

If you feel your child would benefit from some extra support with their communication skills, there's lots you can already be doing to help. As children move through the different stages of learning to talk they need opportunities to listen and practice communication, so before you meet a Speech and Language Therapist you can already be thinking about how often your child can chat and play with you and others, and what else you can try. Speech and Language Therapy will then work alongside you to help you best support your child.



## At home and out and about

**What we offer:** Strategies, tips and ideas specific to you and your child, which will help develop their communication skills. We may also provide coaching sessions to help you implement these strategies.

### What you need to do:

- Attend any sessions offered
- Try out the strategies we recommend at home and out and about
- Let us know how it goes and if you need any extra help.



## Family Hubs



**What we offer:** Family Hubs offer free activities and play sessions for your child, as well as advice and support from Practitioners trained by Speech and Language Therapists on how to support children's communication.

### What you need to do:

- Visit your local Family Hub to see what's on <https://www.walthamforest.gov.uk/families-young-people-and-children/family-hubs/best-start-life-activities-ages-0-5>
- Try out some free play activities so your child can explore and interact with others
- Chat to the practitioners to get further help

## Extra help and support

If your child or family need any additional support you may be referred for:

- Specialist assessment and support
- The Early Years Inclusion pathway
- Early Help

Your Speech and language Therapist will liaise with other professionals to find the best ways to help.



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## Early Years Settings

**What we offer:** Training, advice and guidance to Early Years Practitioners in supporting children's speech, language and communication development so they can recommend specific strategies and activities to help your child.

### What you need to do:

- Find out if your child is eligible for a free 15 hour childcare place
- Ask the setting how you can help your child with their communication at home
- If your child needs extra help, ask if an Early Years Support plan can be put in place.



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