

How to encourage communication at home

Give your child a reason to communicate... then wait

Sometimes it is easy to guess what your child wants because you know them so well. But waiting for them to show you gives them more chances to practise communicating.



Watch & Wait

- Let your child have a try. It might be putting on their shoes or getting something they want.
- Wait for them to show you they need help – for example by looking at you, making a sound, pointing or pulling you.

Offer choices

- Choices can give your child a feeling of control and reduce frustration.
- Try it in your daily routines, like getting dressed, mealtimes, bath time, playtime etc.
- Do you want "apple or banana?" "Bricks or cars?" "hat or gloves?"
- Showing them the choice will make it easier.



Leave pauses in fun games & activities

- Wait for a sign from them (looking, reaching) before you carry on playing or give them more.
- respond however your child communicates (look/reach/gesture/word) then carry on the fun.

