



NOT TALKING? IDEAS FOR 1 - 2 YEAR OLDS

Activities to help your child to develop early language

- Encourage turn-taking during gross-motor activities (clapping hands, rolling ball, rolling cars). This sets up turn-taking patterns for future verbal interactions.
- Try to wait at least 5 seconds after you've spoken, to allow child time to respond. This helps to indicate that a response is expected.
- Any time child attempts to vocalise, imitate his/her productions and then wait 5 seconds before providing more stimulation. The imitation will reinforce their vocalization and waiting will signal that a response is expected.
- Vocalize to your child using vowel sounds in varied inflectional patterns (e.g.: 'Old Macdonald had a cow, e-i-e-i-o'). At times, play about with familiar songs sing using vowel sounds in place of words, for instance. Make the vowel slow and deliberate.
- Stimulate the child with easy-to-see sounds, such as /p,b,m/. Let the child feel your breath stream (your mouth) as "p-p-p" is produced.
- Pair /p,b,m/ with motor activities, such as pushing a popper toy for "p-p-p", eating food for "mmm", and rolling a ball for "b-b-b". These activities will serve to reinforce the child for vocalizing. Pair the same sound with the same activity every day.
- Elicit imitation of simple signs (banging, clapping and waving). E.g.: waving "bye-bye" to toys as you put them away, pointing, etc.
- Encourage imitation of facial expressions and imitation of your facial expression.
- Encourage non-speech sounds (raspberries, motor sounds, blowing, "wheeee", "uhoh").
- Encourage use of eye gaze to communicate wants and desires by holding a desired object at your eyes and getting child to look at you.
- Encourage natural head gestures for "yes" and "no" by modelling the action as well as the word, and then gently physically moving the child's head the appropriate way.
- Use short, simple phrases/sentences when talking to your child. Especially talk to them about the things they see/hear/taste/feel/smell.



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- Read books aloud with your child. Point to pictures. Use only labels/nouns. Keep language very simple.