

Language focussed play

Speech and language therapy

Language focussed play is a five minute chunk of the day where your child has your full attention, and full control over what they play with and how.

This is play without directing, telling or questioning your child. Language focussed play is not a 'teaching' time and by not teaching you will help your child's language development.

To set up language focussed play you need to:

Have language focussed play every day

Choose a time of the day to spend five minutes to do language focussed play building it into your daily routine. Use a timer or clock and set it for five minutes if you find it will help you.

Turn off all background noise

Try and do language focussed play when it is quiet. Background noises can distract both you and your child. Turn off the television, radio and phone.

Get down and sit at your child's level

Get down at their level and if they move around the room, go with them. By getting down to your child's level she or he will pay more attention to you and your language, and learn.

Let them lead

Wait to see what your child does and copy them. Try not to tell your child how to play or what to do next. If they get really stuck you could suggest (ideally without words) a new action. Then let your child continue.

Wait for your child to look at you

Wait for your child to look at you before you say anything. This will make the words that you use more meaningful.

Comment: get interested

When your child looks at you, instead of asking questions or making suggestions, simply comment on what your child is doing. Use simple language (one or two words). If the language is relevant to your child they will listen and learn.



If you have concerns about your child's talking please visit the speech and language drop-in for pre-school children.

For more information call **0300 300 1544** or email us: **drop-in@nelft.nhs.uk**



Tips for Talking

Speech and language therapy

- Sometimes repeat what your child says and add other words.

example:

Child: "Cat"

Adult: "Yes, a big cat"

- Help your child to learn new words by giving choices.

example:

Adult: "Apple or banana?"

- Talk about what your child is doing throughout the day using simple language. This could be when they are brushing their teeth, getting dressed or any other activity.
- When your child uses the wrong words say the right word back to them. Do not ask your child to repeat it as this puts more pressure on your child.

example:

Child: "Cow" when pointing to a dog)

Adult: "Dog, it's a dog"

- Praise your child using specific words to keep him or her motivated to keep trying.

example:

Adult: "Good singing"

- Do not focus on getting your child to talk. Asking your child to say words for you doesn't help them to learn language and can make a child more reluctant to talk.
- Have fun with books, songs and nursery rhymes. Do the actions with your child.
- Instead of asking questions or making suggestions, simply comment on what interests your child. Give a running commentary on what they are doing, in simple language (two to three word sentences). If the language is relevant to your child they will listen and learn.



If you have concerns about your child's talking please visit the speech and language drop-in for pre-school children.

For more information call **0300 300 1544** or email us: **drop-in@nelft.nhs.uk**

