

Supportive Steps: Speech



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Slow down

Think about your own rate of speech when you're talking. Try to talk at a slow, steady pace with your child so that they can hear the sounds in words clearly.



Always include your child

If you can understand what your child is saying, but others can't, support your child while still encouraging them to express themselves. For example, try saying "you're telling us about when we went to the farm aren't you?", instead of "she's talking about the farm".

Model

If you know what your child is trying to say, but they aren't producing their sounds accurately, model back the words they are trying to say. Try not to make them repeat the word or the sound they have mispronounced, as this can cause frustration.

Find out more
here:



Sound categories

Play games where your child tells you if a sound was loud or quiet, or long or short. For example, "a" vs "aaaaaaah".



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Sound walks

Encourage your child to *listen* to different sounds by going on sound walks. Talk about the sounds you can hear like birds chirping, car engine, children laughing etc. Encourage your child to tell you what they can hear too.



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Speech sound scrapbook

Create a scrapbook with your child, with a different page for each sound. Cut pictures out of magazines or find stickers that can go on each page that start with that sound.

Sound play bag

Create a bag of toys that begin with a sound your child is finding tricky. Play with the toys and narrate the play as you go. Encourage your child to join in the play and narrate what they are doing with the toys.

Listening / finding games

Play games with your child where they must look for or find something beginning with a sound. Games like “I spy” are great for this. Make sure you are saying the sound not the letter. For example, “sss” instead of “Es”.



Time

Give your child time to produce sounds and try not to jump in – even if you know what they are trying to say.



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