



Expressive Language Therapy at home

TIPS AND TRICKS TO INCREASE YOUR
CHILD'S EXPRESSIVE LANGUAGE
SKILLS AT HOME!

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1. INCREASE YOUR EXPECTATION FOR YOUR CHILD TO COMMUNICATE: As parents and caregivers, we often anticipate the needs of our children. We don't give them the opportunity to ask for food, help, games, etc... By requiring your child to ask for what they want we're increasing our expectations for them to communicate.

2. CHOICE OF 2: This is a great way to implement some Speech Therapy at home. You can do this during play time (Do you want the blue or red crayon?), meal/snack time (Do you want goldfish or yogurt?), and bed time (Do you want the baseball or princess pajamas?). This gives your child the feeling that they're in charge by making their own decisions, and sets them up for success to express their wants and needs. Gestures (pointing and reaching) to indicate choice is great at first if your child is non-verbal, but we will need to progress to requiring your child to verbally indicate their choice. This can be simple sounds at first ("b" for "ball"), word approximations (something that sounds like the word: "baba" for "bottle"), and eventually the actual word.

3. MODEL APPROPRIATE SPEECH: Give your child a good verbal model to learn from. Restating or expanding upon what your child says can help them expand their vocabulary for future success in expressive language. For instance, if your child is reaching for their bottle you can restate this nonverbal request by saying "you want your bottle!".

4. LIMIT YOUR LANGUAGE: You may need to change the way you speak to your child. Instead of bombarding them with a statement like "Now it's time to put your tennis shoes on so we can go to the store!" we can say "shoes on!". We want to modify our expressive language to fit the communication level of our children.

5. WAIT FOR IT: Waiting about 5 seconds for your child to respond to what you've said or asked is really important! Sometimes we can be too quick to repeat ourselves as we wait for a response. Give your child time to process what you've said.

6. NARRATION: This is an awesome strategy to implement at home. Throughout the day, you can narrate what you or your child is doing. For instance, if you are preparing lunch you can say "I'm cutting up some grapes." or if your child is coloring you can say "You're drawing a circle with the black crayon".

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