

Talking Tips

Speech and Language Development



Two years old

Speech and Language Milestones

Understanding

During my second year I will begin to:

- Understand lots of words before I can say them.
- Follow simple commands e.g. “give the cup to daddy”, “show me teddy’s nose”.
- Understand action words, e.g. “eating”, “sleeping”.
- Understand information about the “here and now”.
- Understand “what” and “where” questions.

Talking

During my second year I will begin to:

- Use at least 50 words such as names of people, objects and actions.
- Start to join two words together e.g. “more juice”, “daddy work”, “ball there”.
- Use phrases to gain attention or request something.
- Use a wide range of speech sounds like “p, b, m, n, w”.
By two I am beginning to say the “t, d, k, g and h” sounds.
- I am still practising talking so you might not always understand me.

Top Talking Tips

It helps me if you:

- Stop and watch what I am doing! Respond by: naming what I am doing or playing with e.g. “you are washing teddy”.
- Use clear, simple words that are important to me.
- Say it again and again e.g. “wash **teddy’s** ear”, “wash **teddy’s** foot”.
- Add another word to mine, this will show me how to say a slightly longer phrase e.g. child: “car”, adult: “daddy’s car”, child: “all gone”, adult: “apple all gone”.
- Repeat any unclear words back to me e.g. child: “tat”, adult: “yes it’s a **cat**”.
- Give me lots of time to say what I want to say.
- Give me lots of time to respond to what you say.
- Give me lots of praise for attempting to say words.
- It helps me if you give me two choices so that I have the opportunity to communicate e.g. “Would you like **milk** or **juice**?” “Do you want **apple** or **banana**?”
- Sing lots of nursery rhymes. Also sing nursery rhymes and leave gaps for me to fill in e.g. “twinkle, twinkle little ...”.
- Throw my dummies away – I don’t really need them now. You could swap them all for a new toy – I’ll soon forget about them!
- Turn off the TV when we are talking, playing or eating tea – I can’t listen or concentrate with all that background noise!

- Point out any sounds you can hear outside, this will help to develop my listening skills e.g. aeroplane, fire engine, birds, rustling leaves. (If I develop good listening skills it will help my speech and language development and help me to learn.)



Three years old

Speech and Language Milestones

Understanding

During my third year I will begin to:

- Follow instructions with three key words in them e.g. “give the cup and the spoon to daddy”, “find your coat, your shoes, and your bag”.
- Understand colours.
- Understand some describing words, for example big, little, fast, slow.
- Understand “who” and “where” questions.

Talking

During my third year I will begin to:

- Speak in sentences with at least three words in them.
- Use some describing words, for example big, little.
- Talk about the ‘here and now’.
- Still making mistakes with tense, for example, saying “runned” for “ran” and “swimmed” for “swam”.
- Ask some simple questions.
- Use a wide range of speech sounds and am beginning to use the “f, s, l, and y” sounds. Sometimes I miss the ends of words off.

Top Talking Tips

It helps me if you:

- Repeat any unclear words that I say back to me, this will show me the right way to say them without feeling that I am being 'corrected' e.g. child: "bid tat", adult: "yes it's a **big cat**".
- Give me lots of time to tell you something, therefore I won't feel pressured to say what I want to say.
- Add another word to mine, this will show me how to say a slightly longer phrase e.g. child: "drive car", adult: "yes, daddy is driving the car".
- It helps me if I hear the same word repeated in different sentences.
- Play listening games with me. I like it when we cover our eyes and listen to the sounds we can hear in the house and outside e.g. aeroplane, birds, washing machine, bath water running. (If I develop good listening skills it will help my speech and language development and help me to learn.)
- Read stories to me but make sure there are lots of pictures for me to look at. Talk about the pictures and give me time to talk about the pictures too.
- Turn off the TV when we are talking, playing or eating tea – I can't listen or concentrate with all that background noise!

Special time to help language develop

The very best toy your child has is YOU! It's not what you play with, but how you play that can really make a difference to your child's language.

- Spend **10 minutes** a day playing with toys of your child's choice. Make the environment distraction free (e.g. turn off the TV and put away any toys that have been played with earlier that day).
- **Play face to face** – change your position so that your child can look into your eyes.
- **Follow your child's lead** – let them decide what they want to do. **Don't** direct your child during play (e.g. "look here's more track, put it in").
- **Model language** – During play help your child to learn new words by:
 - naming things that they are playing with,
 - imitating what they say using the correct words e.g. child: "tat" – adult: "you have the **cat**",
 - commenting on what they are looking at or doing,
 - repeating new words often e.g. "it's a **car**", "it's a red **car**", "push the **car**", and
 - expanding their language by adding new words e.g. "this is a big car".

- **Don't ask too many questions** – talk about what your child is doing so they hear the words they need to learn and see that you are interested (asking too many questions makes them feel like they are being tested!)
- **Don't take over** – If you give lots of directions during play your child learns less. It's OK to show your child a new way to use a toy – just show them to start them off and let them take over.

Games to help language development

- Look at books with your toddler often. Even if you don't read the story as it happens, she will learn by listening to you talking about the pictures.
- Have fun with nursery rhymes, especially those with actions such as "Row, row, row your boat". The more you do this the more likely your toddler is to join in.
- Play games where you have to take turns. Turn-taking skills will help your toddler learn how to contribute to conversations.
- Ready, steady, Go! Getting your toddler to wait for "Go" encourages them to watch you and listen.

Try listening games

- Clapping games, where you clap a pattern, and then wait for your toddler to try to clap the same pattern.

- Choosing the correct picture or animal toy when you make an animal noise. For example, you say "moo" and wait for your toddler to pick out a toy cow.
- Gathering together several toys that make noises, and making a sound with one of them out of your toddler's sight. Your toddler then has to decide which toy it was that made the noise.
- You could also try a game of "Simon says". Call out simple commands like "Simon says, put your hands on your head" and demonstrate the command yourself. Then let your toddler do the same. Carry on with other commands, such as "Simon says put your hands on your knees", or "Simon says cross your arms."



Useful websites

www.thecommunicationtrust.org.uk - This website has activity suggestions and video clips which demonstrate ways to help your child's communication

[www.hounslow.gov.uk/speech language videos](http://www.hounslow.gov.uk/speech_language_videos) - This website has six very useful video clips which demonstrate ways to help your child's communication

www.myvoxsongs.com - This website has nursery rhymes to sing with your children

www.literacytrust.co.uk – National Literacy Trust

[www.literacytrust.org.uk/talk to your baby](http://www.literacytrust.org.uk/talk_to_your_baby) (lots of good advice for parents/carers of babies AND young children – available in 13 languages)

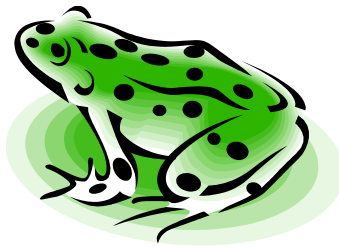
www.ican.org.uk – ICAN

www.talkingpoint.org.uk – Talking Point

www.bookstart.org.uk – for books, games and rhymes to share with your children

www.pre-school.org.uk – for play and activities to do with your children





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