



# Understanding First Words

Learning about first words means learning to understand the words and then being able to say them. Children usually learn to understand words before they attempt to say them.

**Talk to your child when you are playing together**

Have fun with nursery rhymes and songs, especially those with actions.

Use gestures or Makaton signs to give your child a visual representation of the word. This helps them link the word and object.

Encourage your child to listen to different sounds in their environment such as cars, animals and the telephone.

Use the names of objects instead of using words like 'it' and 'that' use the object's name e.g. 'Let's post the letter' rather than 'Let's post it'.

USE SIMPLE LANGUAGE TO COMMENT ON WHAT THE CHILD IS DOING OR PLAYING WITH USING SINGLE WORDS OR SHORT PHRASES. LABEL THE OBJECTS AND ACTIONS WITH SINGLE WORDS E.G. 'BALL', 'CAT', 'CAR', 'JUMP', 'WALK' AND SO ON.

**GET YOUR CHILD'S ATTENTION, GET DOWN TO THEIR LEVEL AND USE EYE CONTACT WHEN YOU WANT THEM TO LISTEN.**

Use lots of repetition e.g. say 'shoes off', 'blue shoes', 'mummy's shoes' etc.

Emphasise the important words e.g. 'It's your dinner', 'Where are your shoes?'

Offer choices whenever possible e.g. 'banana or grapes?', 'milk or juice?', 'book or a ball?' Show them the options and name them. They may point or reach to the one they want, then you can name it e.g. 'oh you want a banana'

**CREATE VERBAL ROUTINES - USE THE SAME WORDS EACH TIME YOU DO SOMETHING E.G. 'NIGHT NIGHT SLEEP TIGHT', OR 'READY STEADY GO!!!'**



# CHILDREN'S SPEECH AND LANGUAGE THERAPY

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## Seaside SaLT Drop In

**Our drop in's are a free service in which parents and carers can come and ask questions and voice their concerns about their child's : Speech, Language and Communication development**

The drop-ins are every Thursday, in the following areas:

- **First** Thursday of the month - **Scarborough**
- **Second** Thursday of the month - **Whitby**
- **Third** Thursday of the month - **Malton / Norton**
- **Fourth** Thursday of the month - **Bridlington**