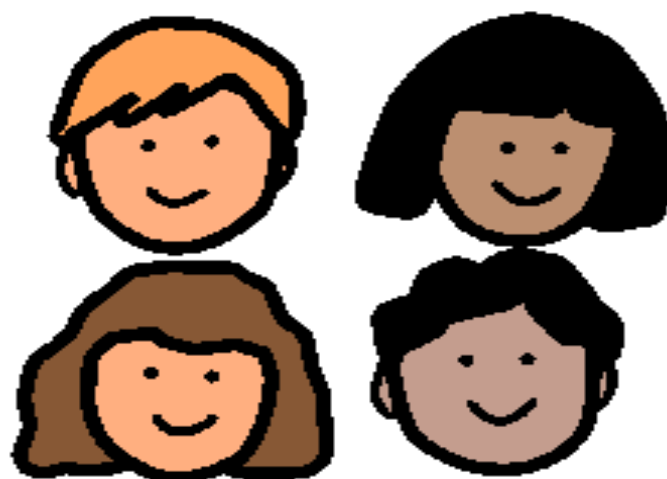


Early Years
Speech and Language Therapy (SLT)
(for 0-5 year olds)



Supporting your child's
fluency at home

STARTER PACK

June 2020

The Pack

This home programme pack has been designed by Speech and Language Therapists and is based on the most up-to-date research on communication development in the early years.

How-to-use this pack

This STARTER PACK is designed to give you some initial suggestions about supporting your child's communication development.

- Think about how you can use the activities in **daily routines** (e.g. snack time, playtime, bath time etc.) to increase the opportunities for your child to learn throughout their day
- Keep it **fun** and keep it **going!**

The most important thing you can do is to show your child that you are interested in what they are saying, not how s/he says it.

Try to maintain natural eye-contact when your child is having difficulty talking. Don't finish off sentences yourself- this can be very frustrating for your child.

Slow Down Your Rate of Speech



Activity

Name of activity: Talk More Slowly

Practice making your own speech slower (but not so slow as to lose intonation pattern)

You will need... a favourite story book.

Look at the book together. See if you can read the book a little slower than normal. Respond to your child with a slower pace.

You could also try this tip / activity with

- Songs and rhymes
- Eventually notice that you are also talking more slowly in everyday relaxed routines and situations e.g. mealtimes, bath time.
- See if you can talk more slowly in more busy situations e.g. getting dressed and ready for nursery!



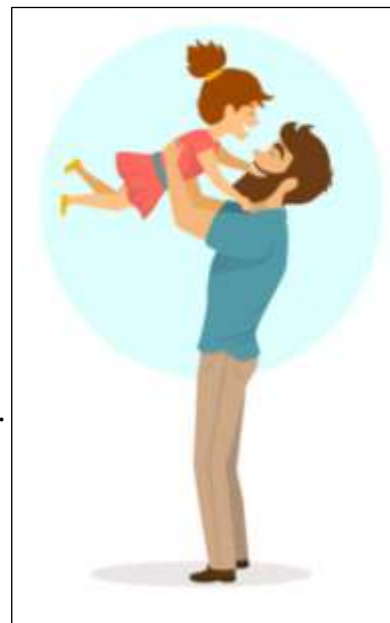
Have One to One Times

Activity

Name of activity: one to one times (when your child is Not competing for your attention). If possible these should be daily for 5 minutes.

You will need.....toys or activities your child likes. Reduce distractions e.g. turn off the TV. Give your child your undivided attention. Follow your child's lead in play. Aim for a relaxed and fun experience for both of you.

You could also try this tipwhen you are together in the park, at the playground, in the bath



In your one to one times also :

- **Maintain natural eye contact**
- **Give your child lots of time to start the talking and respond to you**
- **Use short simple sentences**
- **Ask fewer questions**



Take Turns to Talk

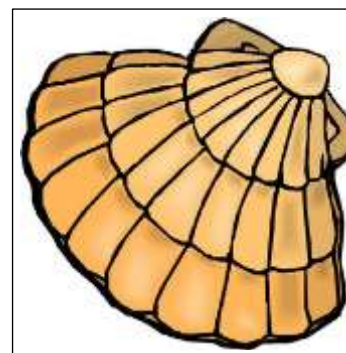
Activity

Name of activity: Making Turns Explicit at Mealtimes.

By making turns explicit we make speaking situations less pressurised for our child.

You will need...a special object to hold in turn

When the family is together, e.g. at mealtimes, have a special object that whoever is speaking holds e.g. a special stone or a shell or even the salt/pepper pot! Mark the turn with 'It's Ali's 's turn now'.



Activity

Name of activity: Make a ludo game. This game has lots of turns when the concept of taking turns can be emphasised and the language 'my turn', 'daddy's turn' etc can be modelled and practiced.

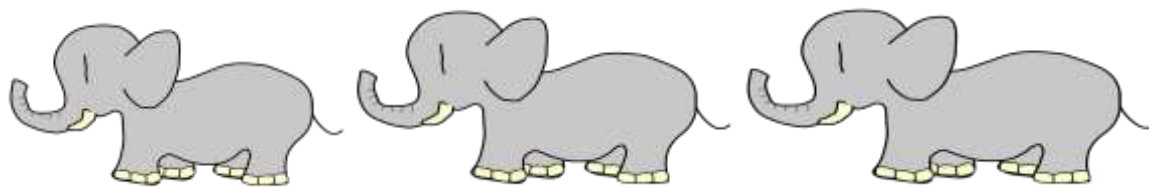
You will need... a pen and paper, a dice, markers.

Mark out a 'road' or track and number the squares. Have a start and finish. Mark some squares as 'Roll again' or 'Go back 2 spaces'. Have fun making your game. The youngest player rolls the dice and moves their counter the number shown on the dice. Use the language 'my turn', 'your turn', 'Ali's turn' etc. to mark the turns explicitly.

You could also try..... making turn-taking games such as snakes and ladders, marking turns in games such as building brick towers, physical games such as kicking or throwing balls and beanbags, any activity where there are two or more people!



Talk About the Stammer (Don't let it be the 'Elephant in the Room')



Activity

Name of activity: Be open about the stammer

- Talk about the stammer in the same way you would acknowledge if the child had a physical difficulty.
- Acknowledge the stammer in a matter- of fact way e.g. 'That was a hard to say' or 'a bit bumpy!'
- It is often helpful to use the child's words to describe their difficulty with talking so if your child says "my words are stuck", you can also refer to "when your words get stuck.."

You will need.... No materials necessary

You could also....ask other family members to acknowledge the stammer in a similar, matter- of – fact way



Websites

Useful websites:

- British Stammering Association <http://www.stammering.org/>
- Michael Palin Centre <http://www.stammeringcentre.org/>

Social Media and self-help:

- Parents can connect with other parents of children who stammer through [BSA Facebook page and group](#). Parents particularly like the privacy of the closed Facebook group.
- **BSA Helpline:** The BSA helpline is a confidential service where parents can ask, talk about and explore any issues of concern about stammering. Call **0845 603 2001 / 020 8880 6590** or email on info@stammering.org. The helpline is open **2pm to 5pm** on Monday, Tuesday, Wednesday and Thursday. There is no one on shift during the mornings. BSA encourages people to leave a message to get a call back from an advisor during the afternoons. The helpline is run by people who stammer and who understand stammering.

You may also find the following websites helpful:

- Our speech and language therapy website: <https://www.clch.nhs.uk/services/speech-and-language-therapy-children>
- **NSPCC's** 'Look, Say, Sing, Play' campaign' with the following link <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/look-say-sing-play/sign-up>
- **Vroom:** Boost your child's learning with **Vroom's** fast and fun tips to your phone or via email. <https://www.vroom.org>
- The **Hungry Little Minds** campaign provides lots of ideas that can help boost your child's learning. www.hungrylittleminds.campaign.gov.uk
- **Local Offer website:** (search "SEND local offer with the name of your borough). This website has lots of useful information for parents about local help for children with additional education and/or health needs
- **Parent forums:** Contact for support if your child has additional education/health need
 - Parents Active (Hammersmith & Fulham) www.parentsactive.org.uk
 - Full of Life (RBKC) www.fullloflifekc.com
 - Make it Happen (Westminster) www.wppg.org.uk
- **The Communication Trust:** for what to expect at different ages www.thecommunicationtrust.org.uk
- **ICAN:** a children's communication charity www.ican.org.uk

CLCH NHS Trust

The speech and language therapy service is provided by Central London Community Healthcare NHS Trust. For more information visit www.clch.nhs.uk or call us on 020 7266

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