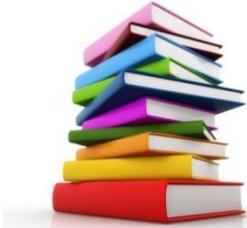
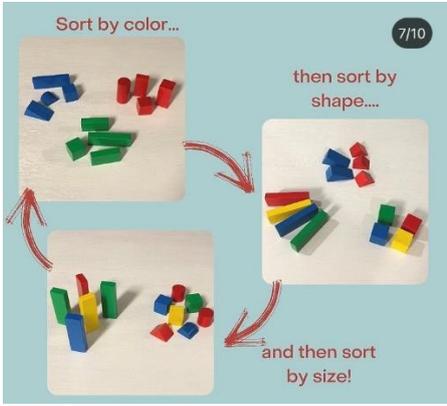


## Supporting your Child's Speech, Language and Cognitive Development at Home

Here are some easy ways you can support your child at home:

<b>1. Having back and forth conversations</b>	Have back and forth conversations about a broad range of topics with your child. How long can your child keep a conversation going by adding in comments and asking questions? The longer the better!! If your child is having difficulties with this, start with talking about things they enjoy.	
<b>2. 'Business Talk' vs. 'Extra Talk'</b>	When speaking with your child have a mixture of 'Business Talk' e.g. "Pick up your toys", "Finish your dinner" and 'Extra Talk' e.g. "I love the sparkly butterfly on your t-shirt!", "Wow that tree is taller than our house!!!" 'Business Talk' does not usually add to your child's vocabulary but 'Extra talk' definitely will!	
<b>3. Show your mouth</b>	Ensure your child can see your mouth clearly when you speak to them. This helps them understand the sounds and words you say.	
<b>4. Lots of Books</b>	Have lots of books in the house to talk about together. If reading the words is tricky just talk about the pictures together.	
<b>5. Tricky words in books</b>	Before reading a book: flick through the story and pick out a few tricky words. Explain what the words mean before reading the book. You can also search for images to show what the words mean that way when you read the tricky word in the story your child will already know what it means and will get more meaning from the book.	<p>Poisonous →</p> 
<b>6. Play</b>	Play with your child by doing things they enjoy. Speak about what you're doing as you are playing. They will be more motivated to speak when they are doing things they love.	

<p><b>7. Board Games</b></p>	<p>Play board games with the whole family. This is great for learning how to take turns and practice patience, teaching about success and disappointment, learning how to reach for goals and learning how to follow rules. Games help children develop problem solving and requires children to focus and pay attention. They help children to learn how to control their emotions, and are great for fine motor, language and early maths skills and they also promote teamwork.</p>	
<p><b>8. Everyday moments are teaching moments</b></p>	<p>Use everyday moments as teaching moments. Encourage your children to help you do the chores and talk as you go. E.g. cooking, cleaning, shopping, gardening. There is so much language in chores! E.g. <i>“Can you get me ½ a cup of flour please?”</i>, e.g. cooking action words: mix, cut, sift, pour, weigh, boil, bake, roll, spread, fry, crack...</p>	
<p><b>9. Home Language</b></p>	<p>Speak to your child in the language you are most confident in. This way you are modelling rich language. Being bilingual or multilingual is a superpower!!</p>	
<p><b>10. Same &amp; Different</b></p>	<p>Use games to demonstrate the concept of same &amp; different e.g. Memory card game, go-fish, snap.</p>	
<p><b>11. Songs</b></p>	<p>Sing songs together: This builds on your child’s sound awareness which is important for reading and spelling.</p>	

<p><b>12. Flexible Thinking</b></p>	<p>Promote mental flexibility (shifting gears in different environments) by reading different versions of the same story e.g. 'The Wheels on the Bus', 'The Wheels on the Fire Truck' or 'Old McDonald had a Farm' &amp; 'Old McDonald had a Workshop'. Play with toys in different ways e.g. sort by colour, then sort by shape then sort by size. Change the words to familiar songs e.g. "Head and shoulders, knees and toes" → "Head, tummy, knees and toes".</p>	
<p><b>13. Self-control</b></p>	<p>Play games to promote self-control and waiting e.g. 'Duck, Duck Goose', 'Musical Chairs', 'Red Light, Green Light', 'What's the Time Mr Wolf?'. Model controlled reactions when mistakes happen. Provide opportunities to practice waiting (without offering screen time entertainment) e.g. waiting for food to be served, waiting at the checkout, driving in the car.</p>	
<p><b>14. Boredom</b></p>	<p>Don't be worried if your child is bored. Boredom in the brain promotes creativity!!</p>	
<p><b>15. Play</b></p>	<p>Remember to play, play, play together! The child's brain learns best when it is having fun playing.</p>	

If you have any concerns about your child's communication or learning please contact your child's teacher or a member of the MHPS Student Learning and Wellbeing Team.