

# **7 Easy Things You Can Do Today To Improve Speech and Language**

## **1. Turn off Screens**

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- Average american child gets 7 hours of screen time per day
- Studies linking more screen time with higher incidents of language delays
- Time spent on screens takes away from time spent doing activities that children need to develop properly:
  - - Playing-fine motor
    - Using their imaginations
    - Interacting with people
    - Having conversations
    - Reading

- Playing outside -gross motor
- Learning how to behave in public places
- Learning how to be patient

## **2. Read to your child**

- Best way to improve speech and language skills
- Set aside 10 minutes per day that are just for reading, keep it sacred
- Point out written words as you read
- Ask child questions about the pictures and the text
- Try holding the book upside down and see if your child can correct it
- Find books about your child's interests
- For older kids, take turns reading paragraphs so the child has a chance to read too

## **3. Review past events with your child**

- After doing something cool, ask your child questions about what happened (Ask Specific Questions)
- Talk about your child's favorite parts
- What parts did your child not like?
- What would your child improve if he could do it again
- Try to put pieces of the event in order, sequencing

## **4. Go on a walk and talk about what you see**

- Let your child take the lead and talk about whatever he's interested in
- For young children,
  - - label what things are called and label actions you see people doing
- For older children,

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- play I spy with adjectives
- Ask your child questions about what he sees

## **5. Research a topic that interests your child**

- Go to the library or use a computer to research info about something your child enjoys
- For Younger Kids
  - 
  - Look at pictures, find nonfiction books on the topic, find general information
- For Older Kids
  - 
  - Write down interesting facts about the topic
  - Find books with in-depth information
  - Find someone who knows about that topic and go meet them
  - Tell others about what he learned about the topic

## **6. Have a distraction-free Family meal together**

- When you turn off the distractions, there's more time to talk
- Have everyone take a turn talking about a topic, if your child struggles, have him go last. examples:
  - 
  - Favorite part of the day
  - A challenge you overcame
  - Something you learned
  - Some place you want to travel to someday
  - A profession or hobby that you would like to learn more about

- For younger kids, make the activity easier, for example, everyone could name one food when it's their turn or say their favorite color

## **7. Have a conversation with your child about whatever he wants to talk about**

- Sit down with your child, no distractions, and ask what's on his mind, ask what he wants to talk about
- Let your child talk and then expand on anything he says
- Listen intently
- Don't correct your child, just add to what he says
- Demonstrate good conversational skills like eye contact, body language, turn-taking, etc.