

By 2 yrs children can normally:

- Follow simple instructions
- Use 30 words or more

If this is **not** the case or you have any concerns regarding your child's speech and language development, please contact Simply Speaking.



**Simply Speaking**

With

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**“Let’s talk  
and play  
together”**



**Activities to encourage speech  
and language development in  
0-2 year olds**

## Why is the development of speech and language skills important?

Good speech and language skills are:

- Linked to early success at school
- Needed to develop good reading/writing skills
- Encourages other areas of development

## How can I help?

- Spend time talking to your child (whether or not they are talking yet)
- Talk through routines e.g. bath time
- Spend special time together playing
- Talk about the toys your child is playing with

ALL games should be played with the TV off and minimum distractions

## I'm 0-3 months: What can we play together ?

- Sing to me
- Copy my sounds
- Talk to me about what you are doing

## I'm 3-6 months: What can we play together?

- I will enjoy noisy toys
- Talk to me about what I'm playing with
- Look at books with me

## I'm 6-12 months: What can we play together?

- Let's make sounds together e.g. moo, choo-choo, tick-tick
- Name objects for me
- Let's play peek-a-boo
- Let's sing songs together with actions e.g. row, row, row your boat

## I'm 1-2years: What can we play together?

- Name things for me
- Give me choices e.g. "do you want juice or milk"?
- Leave a long pause for me to answer you
- Let's play with simple jigsaws, books, bricks and tea sets
- Repeat words I say
- I will love to sing with you
- Ask me to get things e.g. my shoes, a favourite toy etc

## Things to avoid:

Try not to ask too many questions e.g. "what's that?" or ask your child to repeat things e.g. "say car"