

# Talking

When we talk about talking we mean the words we use, and how we join them together in sentences. Sometimes it's called 'expressive language'. Talking is a complicated process. We need to know what the word represents and when we could use it.

Some children might need some extra help with this area of communication. Some children might not use words yet or they might only use a few words. They might not be communicating in full sentences.

Here are our **five top tips** to help a child to communicate:

**1. Have some special time to play together each day**

Spend five minutes everyday playing and talking together. Children will be more likely to communicate about something that interests them. Let them choose the activity and join in with them. It also gives you the time to use some of the other top tips and watch how the child responds.

**2. Notice what the child is doing and comment using 1 or 2 words at a time**

By commenting on what the child is doing they hear words related to the here and now. This helps give words meaning and makes it easier for children to use them. Try using only 1-2 words at a time. This keeps it simple and can help children to try and copy words.

**3. Use more comments than questions**

Questions can be tricky for some children to understand and answer. Instead if we make comments we are saying things that the child might like to say. You could describe what the child is doing or explain about an object they are looking at. Try to keep what you say simple using 1-2 words at time.

**4. Use lots of repetition**

Children need to hear a word lots of times to understand it, and start to be confident using it. Repeat the same words lots during the same activity. This helps children to understand the words they could use. You can also repeat the same words during lots of different activities. This helps a child to understand they can use the same words in lots of different situations. Another great way of repeating words is in songs and rhymes. The child might begin to expect the word that comes next.

**5. Repeat back what the child says and add a word**

If a child tries to say a word repeat it back to them. This shows that you have understood and reinforces that they have used the right word. You could also try adding a word on to what they have said. This helps to show them lots of different words which they could use and how to join them with others. For example: "car" – "blue car", "fast car", "driving car"



You can check out our video talking about our five top tips to help talking.  
Scan the QR code.