



10 Simply Ways to Build Language Every Day

1

Talk About What Your Child is Doing

Instead of asking lots of questions, describe what you see.

Why it helps: Children hear new vocabulary connected to real experiences.

2

Follow Your Child's Lead

Talk about what interests your child rather than directing the play and join in!

Why it helps: Children learn more when they're engaged and motivated.

3

Read Together Every Day

Reading doesn't have to mean reading every word. Look at the pictures, point to objects.

Just 10-15 minutes a day can make a difference.

4

Expand What Your Child Says

When your child uses a word or short phrase, build on it.

Why it helps: Children hear the next step in language development.

5

Pause and Wait

After asking a question or making a comment...Wait 5-10 seconds.

Children often need extra time to think and respond.

Sometimes the best language strategy is simply giving them time.

6

Sing Songs and Nursery Rhymes

Music helps children remember words, rhythms, and sounds.

Add motions whenever possible!

7

Narrate Your Day

Talk while you're doing everyday routines.

Children learn through repetition.

8

Give Choices

Instead of yes/no questions, offer choices.

Choices encourage communication.

9

Limit Screen Time and Increase Face Time

Children learn language from people—not screens. The best teachers are:

♥ Parents, Grandparents, Caregivers, Silblings

Even short conversations throughout the day build important language skills.

10

Make It Fun!

Language grows through:

Playing, Laughing, Exploring, and Being together

You don't need expensive toys.

Remember: You are your child's first and most important teacher.

The conversations you have today build the communication skills your child will use for a lifetime.



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Bonus Tips

- ✓ Read the same books again and again.
- ✓ Repeat new words often.
- ✓ Turn everyday routines into conversations.
- ✓ Celebrate all communication—even gestures, sounds, and single words.
- ✓ Respond with excitement when your child communicates.



When Should I Seek Help?

Talk with your pediatrician or a speech-language pathologist if your child:

- Isn't babbling by 12 months.
- Uses very few words by 18 months.
- Has fewer than 50 words or isn't combining two words by age 2.
- Is difficult to understand compared with other children their age.
- Stops using words they previously had.
- Doesn't seem to understand simple directions.
- You're concerned about their communication for any reason.

Early intervention can make a meaningful difference.