

More Ideas for You to Try:

Speech and Language Therapy Service

## Helping Your Child With Their First Words



Learning to talk and communicate takes time.

There are many skills our children must learn first before words come easily. To put it simply, experience first comes, then understanding and finally your child's own attempts to communicate.

So when we're with our children and talking to them about what is happening, we are giving them the words they need to understand and then use.

For more information, contact Speech and Language Therapy:  
Tel 01535 295652 or

<http://www.airedale-trust.nhs.uk/services/speech-and-language-therapy/>

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The words your child will learn first are those they hear everyday and are important for them. In helping your child to learn the names of objects, you are aiming to increase both their understanding and ability to say words. Your child must not learn words 'parrot fashion' but they need to understand the meaning behind them if useful language is to develop.



Some first words you might hear are:

No	Cat	All gone	Brush	Ta	Sock
More	Mummy	Go	Door	Car	Again
Yes	Daddy	Hat	Kick	Shoe	Biscuit
Down	Dog	Teddy	Up	Key	Drink
Ball	Brick	Doll	Baby	Mine	Book

### Try these games and ideas to build your child's language:

Look at picture books together and point out each item e.g. "Look at the duck".



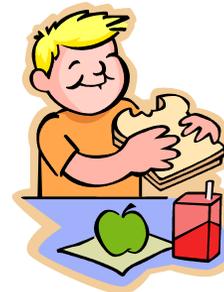
Scatter some familiar toys around the room and ask your child to find one. When they bring it, give lots of praise and emphasise the name, eg "Well done - that's the BALL".

Use words which go with what is happening. Talk about the here and now - what is happening as it is happening. Tell your child names of people, objects, events and actions so they can build the link between words and everyday and familiar situations.



As well as names of objects there are other first words which are also important.

Start to use "more" during mealtimes, etc, e.g. "more juice" or "more dinner".



Have a large cardboard box with a hole cut in it to use as a postbox. Play a game where your child posts items in the box. Ask them to find a particular object. When they find it, tell them what it is before they can post it. Wait a few seconds to see if your child will name it.



When your child has a good variety of naming words - try some action words, such as "Kicking", "Jumping", "Washing", "Eating", "Drinking", "Walking". Act out the actions with dolls or in real situations (such as mealtime or bedtime).