

How to be a Super Communicator



How to be a Super Communicator

- ★ Your child's language helps set their path for learning right through childhood.
- ★ Language and communication support your child to understand the world around them, express how they feel and interact with others.
- ★ Being a 'Super Communicator' can help your child learn words and sentences.

There are lots of ways to be a **'Super Communicator'**.

Follow the tips on the next page. These tips can be used at any time of the day, during everyday routines and play.

Scan the QR code to watch some families and see how they are helping their child to learn.



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Super Communicator Tips



Get down to your child's level



Follow your child's lead and interests



Pause and wait for your child to show you what they are interested in



Describe what your child is doing or looking at - imagine what they are thinking and feeling and say that



Listen, watch and respond to your child



Copy what they say and add a word



Ask fewer questions and instead describe what is happening



Ask open questions



Show you are having fun and use an interesting voice

Now you are going to set your Super Communicator goal

Cut out the 'Setting your Super Communicator goal' sheet from the back of this booklet.

Finding the right 'together time' for your family



Bath time



At the shops



Breakfast, dinner or tea time



Sharing books



Out and about



At toddler group



Bed time



Playing with toys

I aim to _____
for 10 to 15 minutes every day when we are _____



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Why is language important?

- ★ Your child is learning new things every day, making new brain connections faster than at any other time in their lives.
- ★ Language development starts as early as before your child is born and continues all the way through childhood.
- ★ You are your child's first teacher. Your child will be learning language from you in all of your conversations, games and daily life.
- ★ All the little chats you have with your child over the day set the stage to support their learning and development as they grow.
- ★ You don't need special toys or activities. Your child will learn from your talk during all of your everyday routines like tidying up, bath times and going for walk.
- ★ Helping your child's language and communication in this way is important because it means they can express how they feel, share fun and make friends.
- ★ Your child's language helps set their path for learning right through childhood.



How can I help my child's language development?



Communication is more than just talking. Your child is communicating with you even before they are using words. This may be through looking at you or something they would like, pointing, smiling, frowning, and making sounds.



When you watch, listen, and respond to your child's communication this makes them feel understood. It will let them know you are interested in what they have to share and will encourage them to communicate more.



You can do this by:

- **Getting down to your child's level**
- **Following your child's lead and interests during play**
- **Pausing and waiting for your child to show you what they are interested in**
- **Listening, watching, and responding to your child's communication**
- **Copying what your child says and adding a word**
- **Using simple language to describe what your child is doing**
- **Asking open questions**
- **Using an interesting voice and having fun!**



Talking with your child in this way during your daily routines will help your child make connections between words they hear and the world around them.



For more information, helpful tips, and advice to support your child's communication, visit:

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NHS Start for life



How to be a Super Communicator



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Super Communicator Tips:

The how and the why



Get down to your child's level

This will help your child:

- ★ hear your words and sentences more easily
- ★ see what you are looking at
- ★ share the focus of their attention with you
- ★ see clues and understand what is being said from lip movements, eyes, and facial expressions

Sitting on the floor and playing with your child is a great way to get down to their level. Let your child choose a toy or activity that they enjoy. When you are at your child's level, you will be sure that you are talking about what interests them the most.

Scan the QR code to watch some families get down to their child's level.



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Follow your child's lead and interests

This will help your child:

- ★ show you what interests them
- ★ hear the language they need to talk about what interests them
- ★ learn to link the words they hear with their meanings

Your child is more likely to communicate about something that interests them. When you follow their lead, the words you use will match the things they are thinking about. This helps them to learn the links between words and what they mean.

Scan the QR code to watch some families follow their child's lead and interest.



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Pause and wait for your child

This will help your child:

- ★ have time to start communicating or respond to your actions or words
- ★ show you what interests them
- ★ learn to link the words they hear with their meanings

Try waiting and watching to see what your child does. There are lots of different ways your child could be communicating. This may be through looking at you or something they would like, pointing, smiling, frowning, and making sounds. After you pause and wait, the words you say will be all about what has interested your child, making it easier for them to learn.

Scan the QR code to watch some families pause and wait.



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Describe what your child is doing

This will help your child:

- ★ hear the language they need to talk about what interests them. This will help them learn words more quickly
- ★ learn to link the words they hear with their meanings

Talk about what you and your child are doing as you do it. If your child is looking out of the window, talk about what they can see, for example, ***'the car's going fast', 'it's a big dog'***.

Scan the QR code to watch some families describe what their child is doing.



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Listen, watch, and respond to your child

This will help your child:

- ★ show you what interests them
- ★ keep the conversation going about something they are interested in
- ★ learn to link the words they hear with their meanings

Look out for the different ways your child could be communicating. This may be through looking at you or something they would like, pointing, smiling, frowning, and making sounds. If you don't understand what your child means, use the clues around you to make sense of what they have said. The more turns you and your child take in conversation, the more words and sentences your child will learn.

Scan the QR code to watch some families listening, watching and responding.



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Copy what your child says and add a word

This will help your child:

- ★ know they have shared their ideas with you
- ★ learn new words
- ★ learn how to make their sentences longer

If your child says a word or short phrase, say the phrase again and add another word. If your child says **'car'**, you can reply with **'big car'**, **'fast car'** or **'red car'**.

Scan the QR code to watch some families copy what their child says and adding a word.



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Ask fewer questions

This will help your child:

- ★ hear the language they need to talk about what interests them. This will help them learn words more quickly

Talk about what you and your child are doing as you do it. If your child is looking out of the window, talk about what they can see ***'the car's going fast'*** or ***'it's a big dog'***.

Questions can put pressure on a child to talk when they may not have the language to answer. To help your child, describe what is happening and talk about what you are doing as you and your child do it.

Scan the QR code to watch some families describing rather than asking questions.



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Ask open questions

This will help your child:

- ★ by opening up the conversation, allowing it to continue with more turns and follow your child's interests

'Wh' questions such as 'what' 'why' 'who' open up the conversation. Open questions encourage more than just Yes or No answers. *'I wonder...'* can be a nice way to encourage open responses if your child feels direct questions are too demanding.

Scan the QR code to watch some families asking open questions.



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Show you are having fun and use an interesting voice

This will help your child:

- ★ focus and listen to what you are saying
- ★ pick out important words
- ★ have fun and enjoy learning words and sentences and about the world around them

Playing and having fun together makes it easier for your child to join in and take turns. It is important that your child sees you having fun. This will encourage them to interact and communicate with you. The more you communicate together the more words and sentences they can learn.

Scan the QR code to watch some families showing they are having fun and using an interesting voice.



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Other ways to support your child's language



Playing with your child

This will help your child:

Children learn a range of skills through play. This includes turn taking, movement and using new words and sentences. There are many ways you can play with your child, for example:

- ★ **pretend play** is when children use their imagination when playing with toys. For example, pretending to drink from a cup, putting a doll to bed, having a teddy bears' picnic.
- ★ **turn taking toys**, such as a ball or cars, allow your child to hear the same words and phrases, over and over again. For example, “**ready, steady, go**” and “**your turn, my turn**”.
- ★ **jigsaw puzzles** help develop a child's language as they hear the names of the pieces repeated. You could give a choice between two pieces, name the pieces, or make sounds for example, ‘**moo**’ for cow.



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Reading books with your child

When you share a book:

You don't just have to read the words of the book to your child. You can talk about the different pictures and what you see, use different voices and facial expressions to keep your child interested, or help your child make predictions, for example, ***'I wonder what will happen next...'***

- ★ Look at the pictures and talk about what your child is interested in
- ★ Pause and wait for your child to talk about the pages
- ★ Listen and expand on what your child says, for example, if they say ***'ball'***, you could say ***'yes, a big ball'***
- ★ Ask open questions such as ***'where, who, what?'***
- ★ Avoid questions where your child might answer ***'yes'*** or ***'no'*** or just point



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How to use everyday materials to support your child's language development

★ There are lots of different ways you can support your child's language development at home, using everyday objects and routines. You do not need lots of expensive toys to help your child's language to grow.

★ Everyday objects that are great to play with include cardboard boxes, yoghurt pots, wooden spoons, tea towels and laundry. Keep an eye on your child at all times during craft activities and during playtime. For further information on how to keep your child safe visit the Child Accident Prevention Trust at <https://capt.org.uk/>

Scan the QR code below for lots of other ideas.



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How to use daily routines to support your child's language development



In the kitchen: Letting your child help you in the kitchen can be a great way for them to learn the names of different foods. You could give them a pan and spoon to let them copy you



Putting away the shopping: Putting away the shopping together can also encourage your child to learn the names of different foods and household items



Tidying up: Tidying up together can help your child's language skills. For example, you could talk about putting toys 'in the box'



Cleaning up: Your child can be your special little helper, teaching them new words such as 'wash' and 'brush'



Laundry: You can help your child sort clothes into different piles, talk about big and little things, talk about the different colours and who they belong to, as well as their names



Getting dressed: Talking about the clothes your child is wearing as they put them on will help your child learn the names of the different items



Going for a walk: When you are outside doing errands, you can talk about all of the things your child can see from their buggy or car seat, like cars, diggers, trees and buildings



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Helpful Resources

BBC Tiny Happy People:

- ★ activities, short videos and articles with helpful tips and advice to support your child's communication



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NHS Start for life:

- ★ includes tips, games and activities to try with your child to support their language and literacy development



Birth to five:

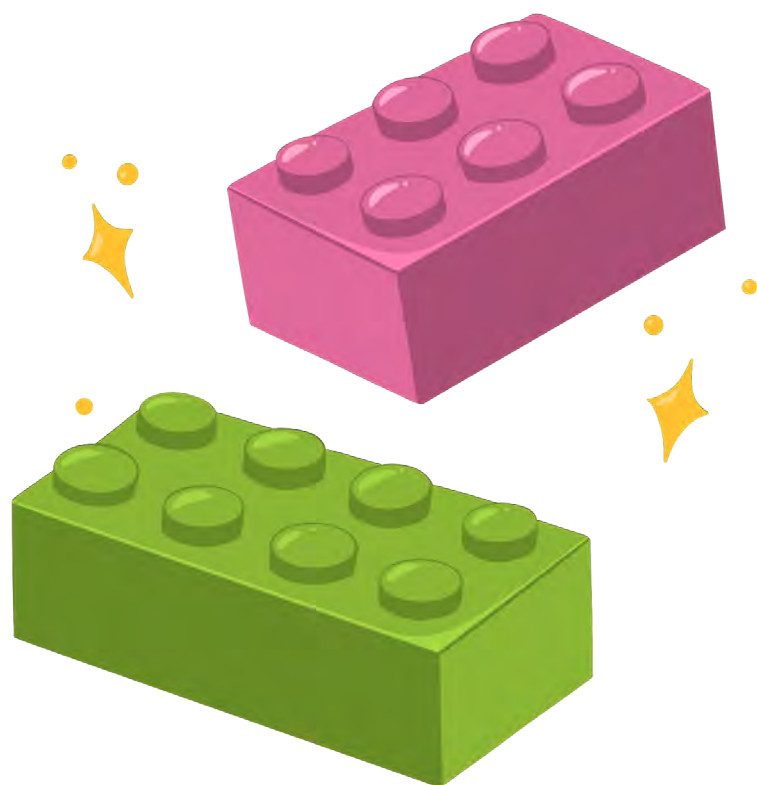
- ★ a free downloadable book providing information on caring for children up to five years old



Speech and Language UK Ages and Stages:

- ★ a guide to the typical stages of speech and language development in babies, children, and young people





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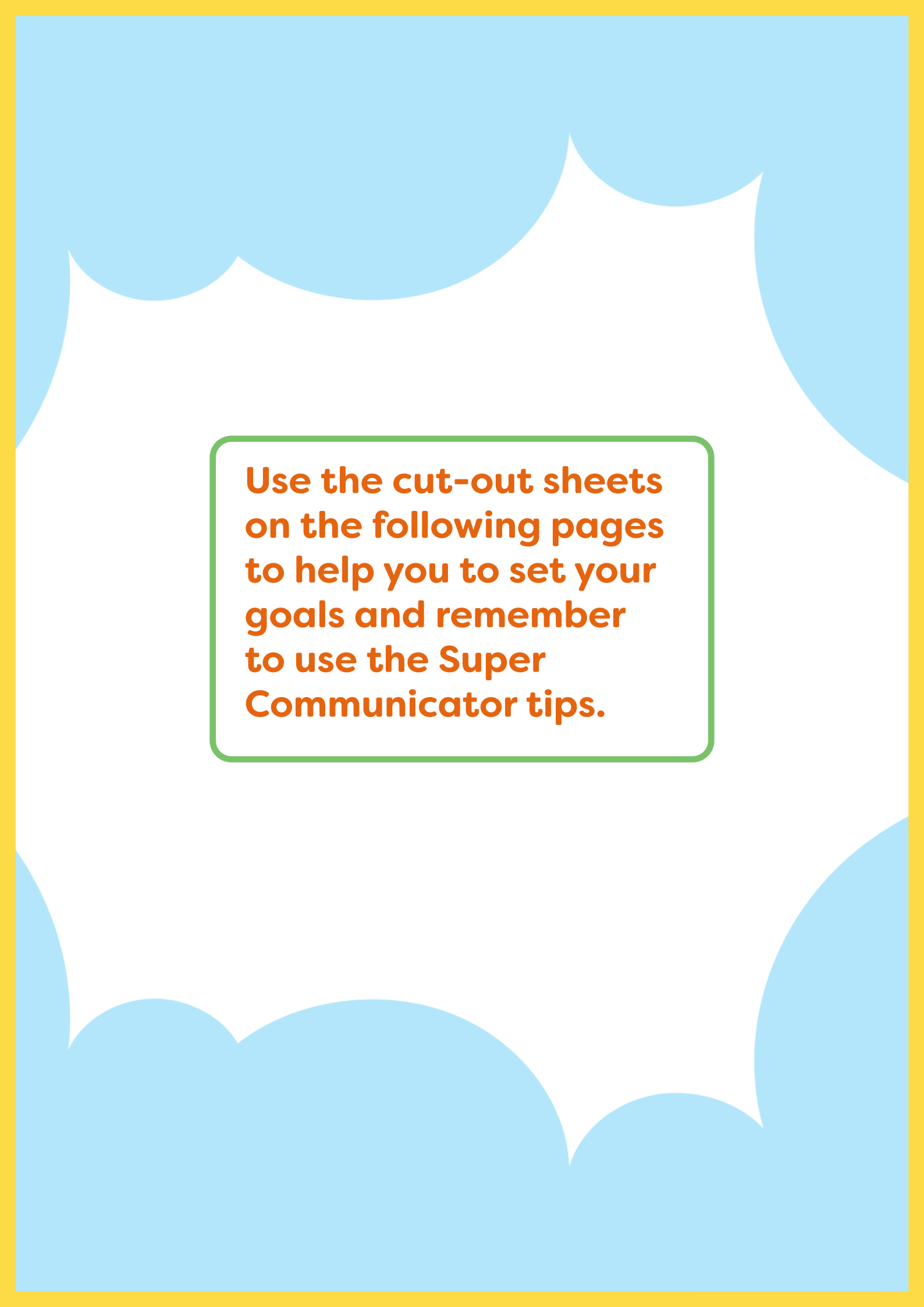


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Super Communicator Cut-out Resources






**Use the cut-out sheets
on the following pages
to help you to set your
goals and remember
to use the Super
Communicator tips.**





Super Communicator goal



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 I aim to

 ...For 10-15 minutes everyday

 When we are...



Reflection



What is working well?



What questions do I have?








Super Communicator goal



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 I aim to _____

 ...For 10-15 minutes everyday

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Designed by:

Roots and Wings



