

**Top
10
tips**

...for positive interaction and communication

Get down to your child's level, e.g. if they are playing on the floor, sit on the floor with them and make eye contact before following our top 10 tips:

- 1** Get down to your child's level so you are both looking at and talking about the same things.
- 2** Comment on what you're both looking at / doing and then say something about it using short, simple sentences.
- 3** Model words correctly, listen to what your child says and bounce it back to them, adding in any missing words using clear speech e.g. 'goggie' - 'yes it's a dog!'
- 4** Dummies and bottles - up to 12 months, dummies can reduce the risk of cot death. After that toddlers and older children don't need a dummy or bottle during the day.
- 5** Give choices, e.g. hold up the two items and say 'do you want an apple or a banana?'
- 6** Reduce screen time - this includes smart phones, tablets and TVs. When the TV is on, watch it together with your child, join in with the songs and play the games together. Turn the TV off when the programme ends and talk about it afterwards. Screen time does NOT replace you talking with your child.
- 7** Share books and talk about the pictures. Sing nursery rhymes and encourage your child to join in with the actions, e.g. Twinkle, Twinkle Little Star and The Wheels on the Bus.
- 8** Follow your child's lead in play - watch to see what he or she is looking at or reaching for and talk about that.
- 9** Playing is fun - try and spend some time every day (even if it's 10 minutes), when you can stop what you are doing and play together.
- 10** Reduce questions - questions can be hard to understand; give them the words instead.

Remember to take turns with your child when following the tips above and **HAVE FUN!!**