

**This is a free
preview of...**

Jump Start Your Late Talker

The 8-Week Program to Use with Your Late Talker
Before Going to See the Speech Therapist
(Or At the Same Time!)

**To Purchase the
Full Program,
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Week One Communication Strategy

Self Talk

Description:

The first thing you can do to start helping your late talker is something called “Self Talk”. This is essentially just talking about what you’re doing. You’re going to feel like you’re just talking to yourself but it will help! When you are around your child, talk about what you are doing. Describe what you are holding, the actions you are performing, what you see, how you feel, and what you hear, smell, or taste. Talk about all of this! Your child will learn from hearing you talk about all of those things. The key here is to keep your utterances short. As a general rule of thumb, you should speak in phrases that are the same length as your child’s typical phrases or slightly longer. For example, if your child isn’t talking yet or is only using one word at a time, you should be speaking in one-word utterances and two-word phrases, like “Ball. Throw. Throw ball. Ball”. If your child is using mostly single words but is beginning to put a few two-word phrases together, use a lot of two-word phrases when you speak to your child but also throw in some three-word utterances as well as a few one-word utterances. Don’t be afraid to repeat those same words many times. These children learn best through repetition!

Assignment:

Practice using self-talk around your child for at least 10 minutes every day this week. You don’t have to specifically sit down with a certain activity to do this, just use self-talk during normal activities. Keep in mind, 10 minutes per day is the absolute minimum. Try to use self-talk as often as possible. If you can keep it up for most of the day, your child will benefit immensely from it!

Remember!

- **Talk about what you are doing while you are doing it.** Describe what you’re holding, what actions you’re doing, what you hear, smell, taste, etc. Talk about everything.
- **Keep it short!** You shouldn’t be using big long sentences with your late talker. Try using utterances that are the same length or one word longer than the utterances your child usually says. This is probably just 1-2 words at a time. You could say “Mommy eat” or “eat banana” instead of “Look, my darling child, Mommy is eating a big, ripe, delicious banana!”.
- **Repetition is key!** Keep repeating common words and phrases over and over again for your child. The more she hears it, the more likely she will be to pick it up.

Activity 6: Eat

Part One: Focused Stimulation (Modeling)

Time to Complete: 5 minutes

For the first 5 minutes of the activity, say the word for your child over and over again. Sit down with your child with one of the activities below or make up your own. While you play, say the target word many times by itself but also include it in a variety of two-word combinations. Sometimes while you are saying the word, you will also want to present the word in another way, such as showing your child a picture of the word or use the American Sign Language sign for the word. Use the picture cues on this page to help with that. You can print, cut out the picture, and glue it to construction paper if that helps.

Activities:

Materials:	Activities
Food	During snack time, show your child something she likes to eat. Hold it up and say and sign “eat?” When she reaches for it, say “Eat! Eat cookie!” Next, hold up something you don’t eat and say “eat?” Then shake your head and laugh. Say “No eat! No eat crayon! Yuck!” (Tip: Don’t try this if your child actually eats crayons!)
Baby doll, pretend food	Pretend to feed your baby play food and say/sign “eat”, “eat apple”, or “baby eat”
Pretend food	Fix each other delicious pretend dinners. As you pretend to eat, say “Eat! Eat banana.” This is especially fun if you add a funny eating noise afterwards, like “nom nom nom”.



eat



Sign for “Eat”: Touch fingertips and thumb together on your right hand. Use this closed hand shape to tap your lips, like putting food in your mouth.

Activity 6: Eat, Continued

Part Two: Milieu Teaching (Communication Temptations)

Time to Complete: 10 minutes

Once your child has heard the word many times, you are ready to start prompting him or her to produce the word. At this point, we don't care if your child says the word out loud, makes the sign language sign for the word, or points to the picture of the word. All of those methods are considered real language. Don't be worried if your child doesn't say the word out loud for now. Signing or pointing to the picture is just as good and will help your child move toward spoken language more quickly.

For this part of the activity, sit down with your child and provide some tempting situations so that your child must use the target word to get what he or she wants or needs. Wait for your child to show you he wants something (pointing, reaching, looking at, or saying the word). (Tip: If your child doesn't show you this, you may need something more tempting or motivating). If your child says the target word spontaneously or after a verbal prompt (such as "what do you want?"), give him the item or follow through with the action and say the word again for him. If your child does not say the target word on his own, say it for him and then ask him to say the word also. If your child won't say the word, take his hands and form the sign language sign or help him point to the picture of the word. Then, give him what he wants as if he had said it out loud. Say the word out loud for him again as you do so.

Activities:

Try one of these activities or come up with your own using the same techniques:

Materials:	Activities
Food	During snack time, show your child something she likes to eat. Hold it up and say "eat?" When she reaches for it, pause for a bit to see if your child will say "eat" on her own. If not, say "eat" for her. If she still doesn't say it, prompt her by saying "say eat". Still nothing? Help her make the sign with her hands or point to the picture.
Baby doll, pretend food	Pretend to feed your baby doll play food. Stop and see if your child will say "eat" to get you to start again. If not, prompt as above.
Pretend food	Fix each other delicious pretend dinners. When your child brings you some food, say "eat" and then make a silly eating sound like "nom nom nom". You can even throw the food around to make it funny. Then, when your child hands you more food, pause for a moment to see if she'll command you to "eat". If not, prompt as above before you do the action again.

*Do one or more of these activities for 10 minutes and then be done, even if your child never said it.