

Communication

Special Education Services

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Helping your child talk During everyday activities

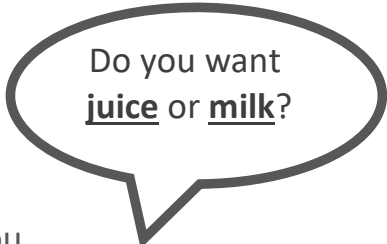


Activity: Having a snack

There are many opportunities to stimulate language during snack time!

Instructions/strategies:

- Have your child help you prepare the snack. Talk about what your child sees, hears, smells and feels.
- Offer choices during each step.
- Talk about what you are doing. For example:
 - “You are peeling the banana and I am cutting the apple.”
- Talk about the tools and the food. For example:
 - “You are using your hands and I am using a knife. The knife is sharp! Your hands are strong!” “The apple is round and crunchy!”
- Talk about what comes first, next, and last. For example:
 - “First I am getting the fruit out of the fridge.”
 - “Next we are cutting the fruit.”
 - “Next we are putting it in bowls.”
 - “Last, it’s time to eat!”



Tip: If your child is very young or struggles to understand you, use short sentences and offer fewer choices.

Give two choices

“Do you want _____ or _____?”

Giving two choices:

- Helps children feel more in control
- Limits options and makes decisions easier
- Helps children know what words to use