

Ideas to support Speech Development & Develop Oral Motor Skills



- Sing simple Nursery rhymes and songs together- especially action songs like pat a cake, row row your boat, wind the bobbin up. Be repetitive. You can even sing them when walking, in the car.
- Play lots of games that involve blowing i.e. blowing candles, blowing bubbles into milk, blowing bubbles in a bowl of water and washing up liquid. (Lots of ideas on Children's Therapy Services YouTube)
- Play lots of games that involve sucking i.e. sucking up cotton balls with a straw (Lots of ideas on Children's Therapy Services YouTube)
- Give them things to lick like ice lollies, lolly pops, ice cream cone
- Encourage chewing, think about foods that the child likes that require chewing
- Drink through straws
- Give the child choices i.e., do you want an apple or a banana, do you want to wear a red or blue top?
- Read simple stories together
- Scaffold the child's sentences for example, if the child says, 'socks off', respond with the full sentence "yes, we are taking your socks off" (but don't try and correct them)
- Say the child's name, then the instruction
- Allow the child time to respond verbally
- Try and reduce background noise when talking/playing with the child
- Talk through what you are doing, (provide a narrative) I am just taking my coat off, I am hanging the clothes out, I am putting the clothes on the radiator
- Model good speech, be clear and slow. Use proper words oppose to baby talk



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Childrens Therapy Services

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- Put familiar toys in a box or bag, ask child to pick one out and name it. If they are able to then tell you what you do with it for example, a ball, I bounce/throw a ball
- Show the child photos of familiar people, toys, places, animals etc and talk about the photo, who they are, where it is, what you notice in the background
- Repeat what your child says to show you understand
- Look at simple picture books, encourage them to name the things in the picture books (this might be simple baby books)
- Build on your child's talking, for example, if they say 'train', you can say, "yes it's a big train".
- When your child is talking, give them eye contact, smile at them- show that you are interested in what they are saying, even if you cannot understand what they are saying. Turn take in conversation even if you have no idea.
- Reduce screentime
- Play turn taking games i.e., rolling a ball to each other, pushing a car to each other etc.
- Introduce the child to sounds i.e. that's my phone ringing, that's the door bell ringing
- Hide toys under a tea towel and then move the tea towel and get them to name the toy
- Pretend play games i.e. pretending to have cups of teas, feeding teddies or dolls, putting them to bed
- Label everything verbally, this way they will pick up vocabulary
- Encouragement movement, like trampoline, jumping, running and get them to make animal noises for examples, let stomp like a elephant, walk like a dinosaur, this encourages them to make sounds



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- Encourage child to Name body parts i.e. where is your mouth, where is your nose etc.
- Socialise with other children and adults (try not to compare your child to other children, they all develop at different paces)
- Celebrate small success's such as the child saying a new word. Make a big deal of it, clap, lift them up, cheer etc.
- Do animal sounds i.e. a cow goes moo, a sheep goes baa, a duck goes quack
- Play hide and seek
- Hide toys for the child to find
- When the child points or gives you something, say "You gave me a book, thank you"
- Ask for the child for help, can you bring me your cup, can you bring me your shoes.

Be repetitive



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