

Proven Ways to Support Your Child's
Speech & Language Skills at Home



ENCOURAGING SPEECH *from* HOME

1. Read to Your Child Daily

- Children exposed to daily reading hear over 1.4 million more words per year.
- Ask open-ended questions (e.g., "What do you think will happen next?") to develop conversation skills.



2. Sing Songs & Rhymes

- Singing strengthens **phonemic awareness**, helping children recognize and reproduce sounds.
- Songs with repetitive lyrics **boost memory retention and sentence structure**.

3. Narrate Daily Activities

- Describing everyday actions (e.g., "We are pouring juice into the cup") expands vocabulary.
- Label objects and emotions to enhance language comprehension.



4. Play-Based Learning

- **Pretend play** (e.g., acting out stories, role-playing conversations) improves **expressive language**.
- **Board games and interactive storytelling** promote logical thinking and sequencing skills.

5. Reduce Screen Time

- **Toddlers exposed to 2+ hours of daily screen time have a 6x higher risk of speech delay.**
- **Face-to-face conversations** and hands-on activities are key to language development.



Children who have frequent, responsive conversations with adults develop vocabulary twice as fast as those who don't.