

Contact details

Early Years Team

For all enquiries, including:

- Attention difficulties
- Social communication difficulties
- Language delay
- Complex needs
- Stuttering
- Hearing loss
- Speech sound difficulties

Please contact:

Clinical Navigator
Leatherhead Clinic
Poplar Road
Leatherhead
Surrey
KT22 8SD

01372 384 305

CSH.childrensclinicalnavigator@nhs.net

For further information and resources please visit:

www.cshsurrey.co.uk/our-services/service-children/speech-and-language-therapy

Follow us on Twitter: @CSHpaedtherapy



Need to contact the service?

Please see the Contact details section of this leaflet.

Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 01306 646 223

Email: CSH.Feedback@nhs.net

Or write to the Governance Office address below.

Large print, audio format or another language

Call 01306 646 223

or email CSH.Communications@nhs.net to receive this information in large print, audio format or another language.

General enquiries

Visit www.cshsurrey.co.uk for information and contact details for all other CSH Surrey services.

A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



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Company registered number 5700920



Starting to Talk

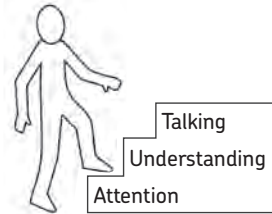
Information and advice for parents, carers and Early Years Practitioners from CSH Surrey Early Years Speech and Language Service

Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

How do children learn to talk?

Before children start to use words they need to develop some underlying skills. These 'steps' to talking are shown below:



Once children can focus on something for long enough, they can start to link words to their meanings.

For example, if they see a ball and hear 'ball' every time, they will start to link the word with the object. First they will understand what 'ball' means, then start to use the word themselves. Initially the word may not sound like the adult version but this improves as the adult models the word to them.

How does talking develop?

18 months: Using at least 10 words, although these may not be clear

2 years: Using at least 50 words and starting to link words together

2 ½ years: Using 3-4 words together in short sentences (e.g. mummy go work)

3 years: Using 4-6 word sentences and starting to use plurals and pronouns

Using play to help talking

Every day spend time talking face to face with your child. During this time, focus on the following, which will support their language development:

- Turn off the TV and radio
- Put out a few toys to play with
- Wait and watch your child quietly to see what they are interested in talking about to see if your child initiates interaction by giving something to you, making a noise or gesture or attempting to say a word.
- Say the word that matches what your child is trying to say. For example if they hold up a car to show you, say 'car'
- During this time, use single words or short phrases as these are easier for your child to learn and copy
- If your child does not initiate interaction:
 - o Make a short comment on what they are focused on then wait again
 - o Create an opportunity for them to request e.g. blow some bubbles then wait for your child to request you do it again
- Play games where you wait for your child to use a noise or word for the game to continue, e.g. wait until they say 'go!' before you throw a ball, or wait for the words 'up' and 'down' in songs such as the Grand Old Duke of York.

Strategies to help your child to talk

- **Repetition:** this is key to learning new words. Children need to hear the word in different situations before they start to use them
- **Gestures:** these will support your child's understanding of words and to help reduce frustration
- **Choices:** Offer your child choices, ideally when they can also see the objects e.g. banana or yogurt.

Useful links

www.ican.org.uk

www.talkingpoint.org.uk

www.thecommunicationtrust.org.uk

What can we do to help your child?

After assessment, the CSH Early Years Speech and Language therapy service can offer advice and training for parents, with therapy as needed, in order to help children to develop early language skills.

For more information or enquiries, please see the contact details section of this leaflet.