Around the house

Encouraging communication - Around the house:

Whatever you are doing around the home, there will always be an opportunity to help your child to develop their speech and language. Children learn when they are relaxed and having fun. They enjoy spending time doing everyday things with an adult.

In the following activities it is important that the child joins in and does not just watch what you are doing. They will need their play materials or toys e.g. give your child a duster when you are doing the dusting.

Meal times

- Meal times can provide good opportunities for talking to each other. Try to reduce distractions by turning off the television.
- Try to give your child some choice in their meals e.g. “Shall we have peas or carrots?”
- Get your child involved in preparing the meal e.g. getting the carrots, buttering the bread, washing the fruit, setting the table.
- Talk about what you are doing together and give your child a chance to speak e.g. “What should we do next?” or “What have we forgotten?”
- Baking and decorating cakes and biscuits are also good activities for encouraging language.

General household activities

- Involve your child in everyday tasks and talk about what you are doing together e.g. making the beds and washing up.
- Try to give your child choices e.g. “Shall we dust the table or clean the floor?”
- Useful activities for developing language include helping to sort the washing and helping to put the shopping away. Comment on what your child is doing and give them chance to speak.

Other activities around the house could include:

- Bath time and bed time routines.
- Helping in the garden.
- Looking after pets or plants.

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