



# How to do Speech therapy at Home?

## #1 Developing Communication/Prelinguistic Skills



**SHC - Early Intervention Services**  
**Department of Speech Hearing & Communication**

**National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan) (NIEPMD)**

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# Preparation for Therapy...



Few Ground rules for one to one therapy...

## 1. Distraction free environment (Auditorily & Visually)

Other than the activity materials which you choose.

## 2. Allot time 3~10 mins per activity.

**Start :** Between you & your child. Later Siblings/ Grandparents can be involved when you gain enough confidence with the activities.

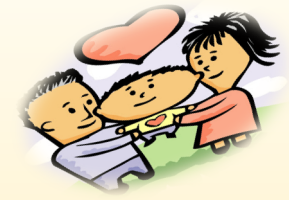


3. **Pick up materials and reinforcers to be used for the activity.**  
Select simple toys/materials available at home.

4. **Write down the goal and vocabulary/sentences** for the activity.  
(i.e) Specific vocabularies your are going to use with your child.  
Eg. Comprehension & Expression of Body parts



**Mentally rehearse the activity before you start....**



# Parent child Relationship - A Foundation to Learning

Here.... Environment (Home) acts as a playground for Learning !

During the early 2yrs of age, Attachment with parents plays a vital role.

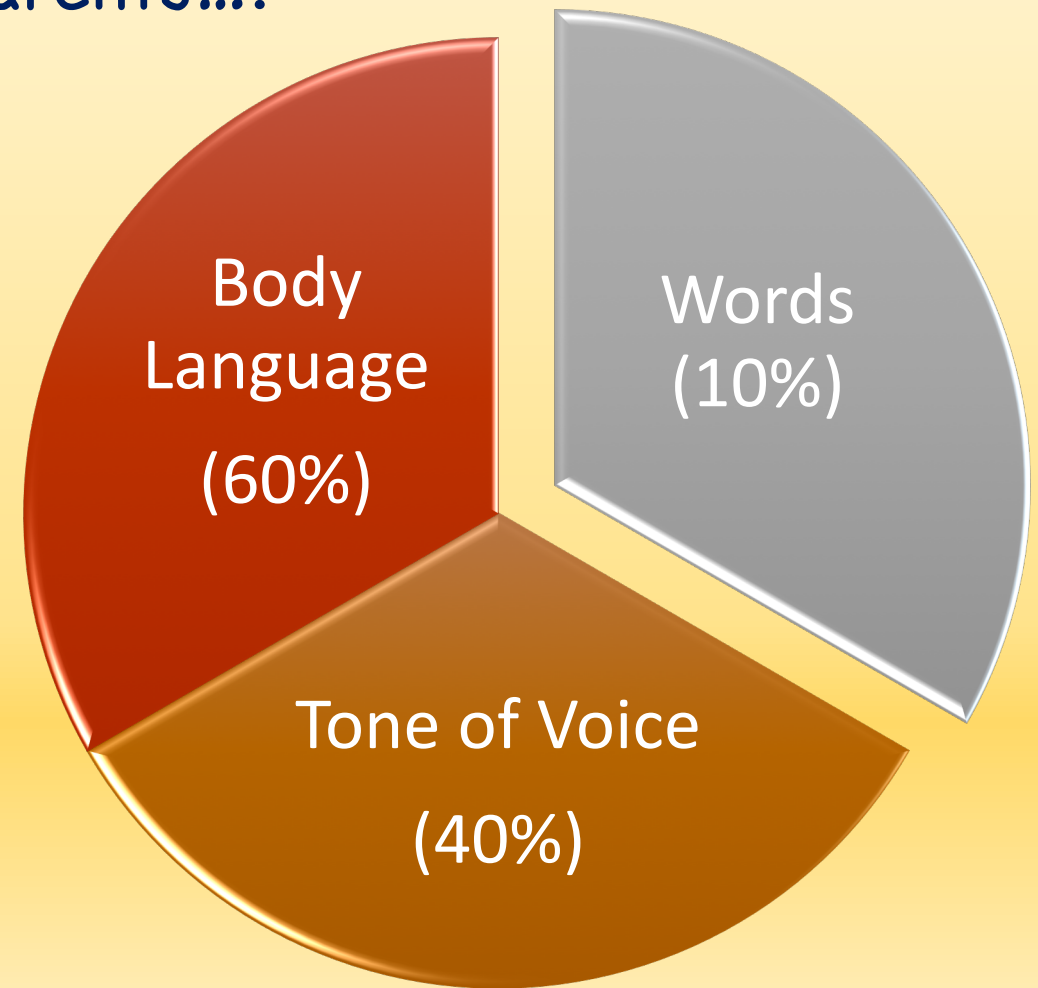
A Responsive parenting can be the best predictor of academic and emotional development.

Hence, Enabling Parents as a Co-Therapist at home..!



# Rapport with the child...

- Facial expressions acts as a cue for emotions expressed to the child with any social individual including parents....
- The way your message is conveyed...

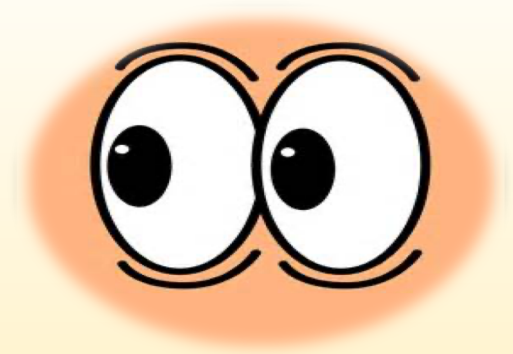




# Eye Contact...

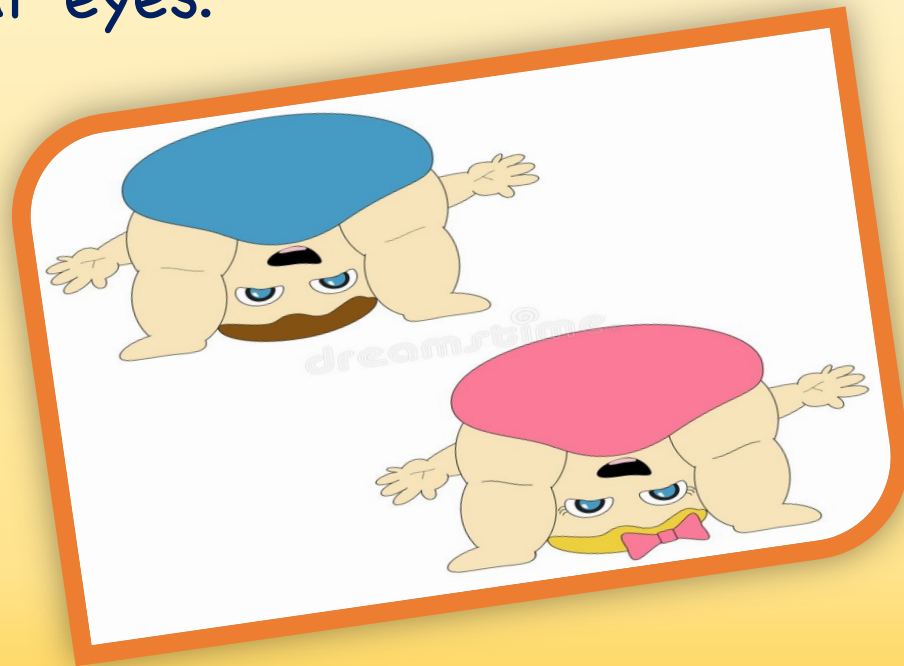
- ✓ Face to face communication is a mandate!
- **But, don't force eye contact !!** We are not training for compliance !
- ✓ Bring the object closer to your face while teaching the child so that your facial expressions are observed too !





Place Colorful stickers around face to highlight the eyes or use masks which allow the child to focus at your eyes.

Peek-a-boo !



Visual cues- Cue cards which contains pictures to show the child. Eg: Sit up, Eyes on the speaker



# Joint Attention...

- Use picture books to teach and read together with the child.
- Story books improve shared reading promoting **“Joint attention”** of the child.
- Scrap books to paste recent events and narrate about it together looking at the photos/images pasted.





# Greeting skills...

Demonstrate and facilitate the child that when he/she sees a familiar person, they should greet the person by saying "Namaste/ Vanakkam/ Hello" or so on!



- Also to say "bye-bye" when that person leaves the place.
- Encourage the child by holding his/her hand to help doing the appropriate gesture.

Provide him/her verbal cues Eg : "Look, Uncle has come! What should you say to him?" and likewise while leaving

During every day conversations, practice the child to say "Please, Thank you, Excuse me and Sorry" at appropriate times.

Direct the child's attention to these words when others use them in any social situation.





**Create a need for communication: By making activities/ play interesting...!!!**

# Use Lots of Rhymes



# Everybody says... Talk..! Talk..! Talk..! But... What To Talk???

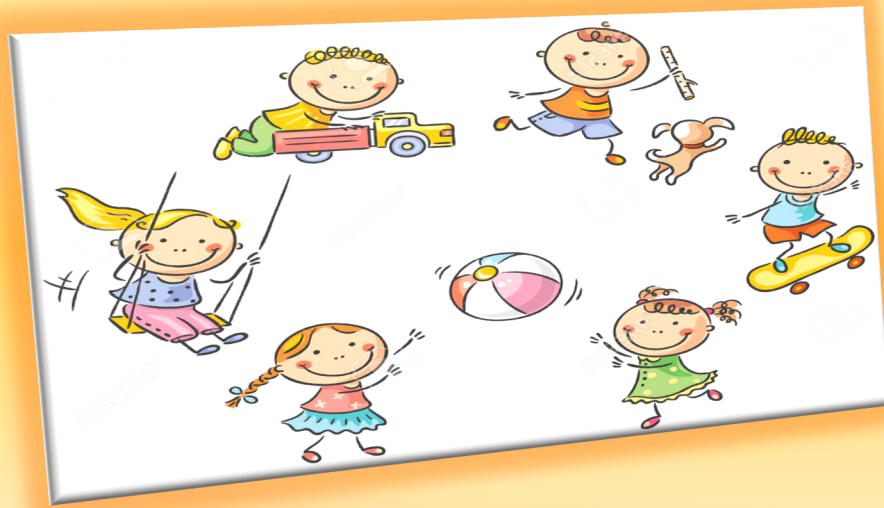
## How to Talk???

Talk about...

Things the child is attending to...

*While doing so you are actually “verbalizing the child’s thoughts”*

*This helps him to give language (words and sentences) to his thoughts.*



# Self Talk...

Talk about what you are doing while the child is looking at you

Talk about what you are doing. For instance you are cutting vegetables and the child is watching you do so

Talk about whatever you are doing!



You are Dressing up and the child is interested....Talk about the situation !

You are drawing and the child is interested... talk about it !



# Parallel Talk....

Speech of the adult + Thoughts of the child

Eg: Mother Narrates about the story which the child is looking at.... i.e any picture





**Talk about what the child is doing. For example~ If the child is coloring, you can describe whatever the child is doing.**

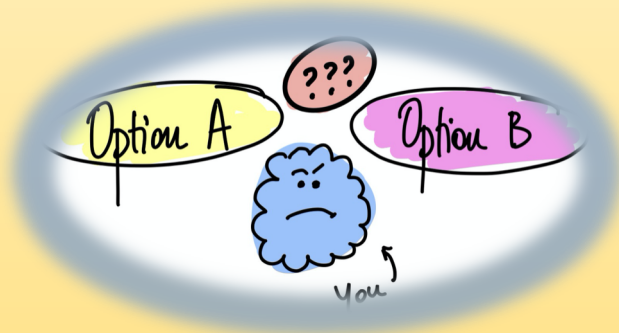
# Stepping into Play... Social Games

Use simple toys at home Eg. Blocks

Form a group to play at home with the child where each of you take a set of blocks to build it and each one narrates about what is built at the end.

Let the  
child  
Lead!

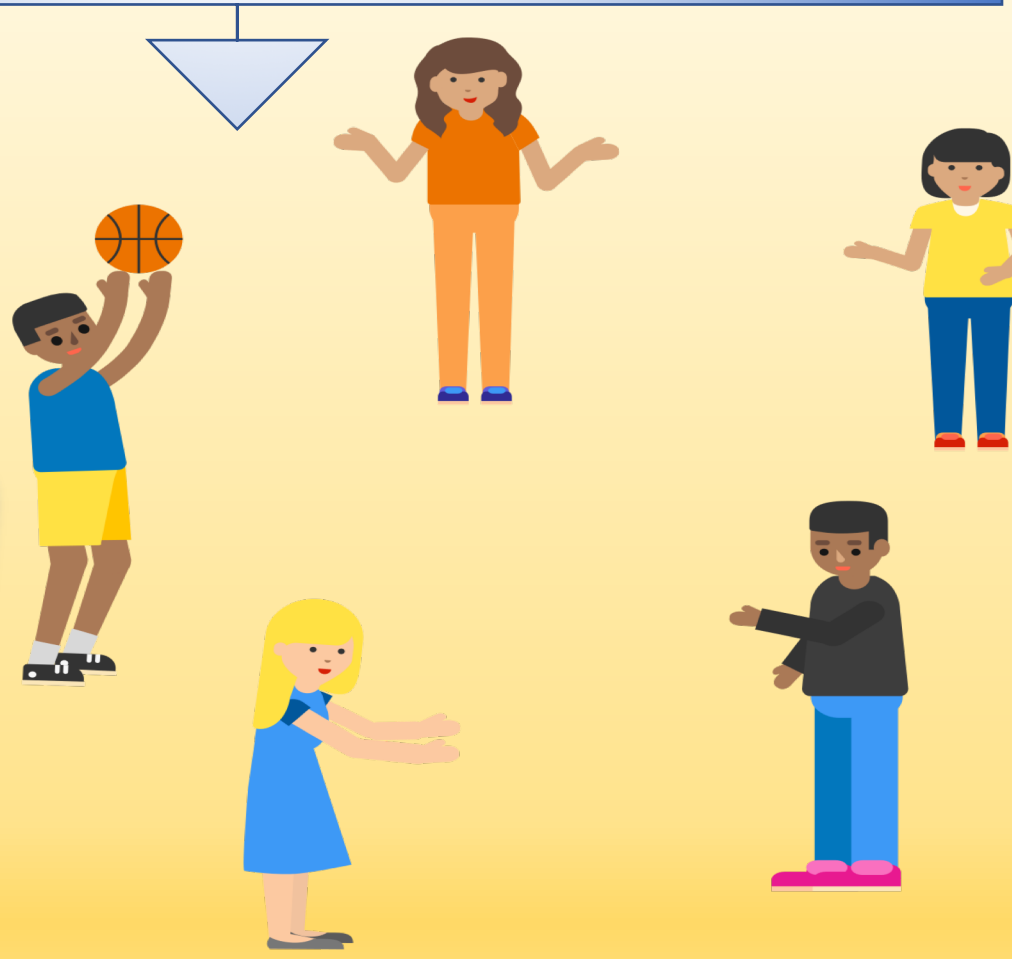
Provide Choices!



In-between create needs to communicate and Make the child say/ask for it and reinforce the same.



Passing the ball game also works in small social groups with the siblings/ neighbors.



Use colorful balls to play where each of you takes turn to put into the basket kept in a distance and who completes it first.



**Motor activities can also be included with a social group using traditional Indian games.**

**Also using materials at home Eg. Motor Obstacle course played in your verandah or backyard.**

**This also can be made with different types of shapes drawn on the floor and asking the child to perform the motor activities.**

**Eg. Jump in the circle, Jump to square, walk on ladder, crawl under the chair and so on.**

While playing social games, **Skip the child's turn or deliberately do a mistake which creates a need for the child to ask for their turn or communicate.**

Know the strengths / Talents of the child and keep encouraging him and with others. Praise them for their efforts.



# Taking Turns.....

Teach the child the aspect of **"sharing"** by encouraging the child's siblings to share play materials with him/her.



Sensitize the child to the aspect of **"waiting for turns"** in everyday activities and play.

During meal time, make him/her sit with other family members and wait for their turn to be served. **Reinforce them for waiting !**



# Sharing Materials...

While playing, ask for the toy which he/she plays and give back them after you playing with it. Praise them for sharing the toy with you. 😊

Similarly make them share the toys with their siblings and make them "please and thank" for the appropriate behaviors during the play.

Teach the child to request/ask permission to use the belongings of others.





**Be flexible and appreciate** the efforts of the child for doing the task. Allow the child to do as much as he/she can do.

**Assist only** when the child tends to fail in his/her repeated attempts



Try to involve them in your daily works to assist you and communicate while doing. **Children love to help adults!**



# Increase sentence length....

For instance the child says the ball and points to the ball.

The adult adds a word and says, you mean to say give ball.

The child says give ball and the adult models give me ball.

**Eg. Ball**

**Give ball**

**Give me ball**

**Give me red ball**

**Give me big red ball**



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**STAY HOME.. STAY SAFE!**

*Its all about finding "Calm in the  
Chaos"..*

Next series of home training profile to be continued by....

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