

Checklist for Motivating Speech and Language Activities at Home

1. Work in a Quiet Place

- Choose a calm environment with minimal distractions (TV off, toys put away).
- A quiet space helps your child focus on listening and speaking without competing noise.

2. Model and Demonstrate First

- Show your child exactly what to do before expecting them to try.
- Use clear speech, gestures, and facial expressions to make the activity engaging.
- Children learn best by watching and imitating.

3. Plan Around Your Child's Interests

- Select topics, toys, or games your child already enjoys (e.g., cars, animals, cooking).
- Interest-driven activities increase motivation and make communication feel natural.

4. Match Activity Length to Attention Span

- Keep sessions short and achievable.
- If your child can focus for two minutes, plan for two minutes—success builds confidence.
- Gradually extend the time as attention improves.

5. Use Praise and Rewards

- Offer specific praise (“I love how you said that word!”).
- Small rewards (stickers, high-fives, extra playtime) reinforce effort and progress.
- Celebrate attempts, not just perfect outcomes.

6. Repeat, Repeat, Repeat

- Repetition helps children store and recall new words and sounds.
- Practice the same activity daily or weekly to strengthen learning.
- Familiar routines make children feel secure and ready to participate.

7. Enjoy the Process

- Keep the atmosphere fun and playful - laughter encourages communication.
- Don't worry about perfection; focus on connection and enjoyment.
- When you enjoy the activity, your child will too