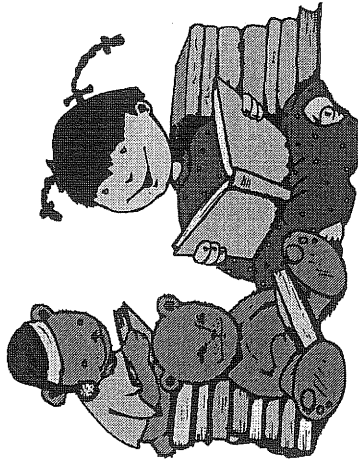
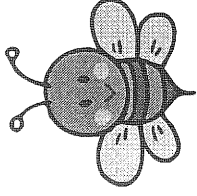


## WHEN TO BE CONCERNED

If you have used the above activities for a period of 3 months and your child has still not achieved the above-mentioned milestones, a formal speech-language assessment with a Speech-Language Pathologist is required.



## **SPEECH AND LANGUAGE DEVELOPMENT** 2- to 3-year old child



### Typical speech and language development at this age includes the following:

- Speech is 50-75% intelligible
- Understands the concepts one and all
- Verbalizes toilet needs
- Requests items by name (e.g. "give me teddy")
- Points to pictures in a book when named
- Identifies and names basic body parts
- Follows simple 2- 3 -step commands (e.g. "sit on the chair and give me the book")
- Answers simple questions (e.g. "Where is your car?")
- Asks 1-2 word questions such as "what's that?" and "where's mine?"
- Uses 3- 5 words or more in phrases such as "I want more juice" or "daddy going car"
- Continues to use echolalia (repetitions of a word or phrase) when difficulties in speech are encountered
- Uses approximately 50-250 or more words (rapid growth during this period) between 24-30 months
- Uses some prepositions (e.g. in/on/under), verb endings (*running*) and plurals (e.g. books)
- Gives first name and holds up fingers to tell age



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## Activities to help stimulate your 24-30 month old's speech and language development:

### **READ BOOKS**

Read familiar and/or repetitive stories. Encourage your child to tell you what is about to happen or respond to simple questions about the story. Remember, you don't have to read "the words" in a book. Sometimes simplifying the language and personalizing it for your child can be more beneficial! Talk about what the child finds interesting. Use short sentences as you tell the story. Repeating the story several times is helpful in teaching vocabulary and sentence structure. Read books perhaps as part of the bedtime routine.

**PROLONG SOUNDS IN WORDS** that your child has difficulty with, as this can improve his/her awareness of the sound. For example, "put on your sock (sock)".

**TRY TO EXPAND ON WHAT YOUR CHILD SAYS.** For example, if he/she says "more juice", you say "more juice please". Let your child hear the correct word order and attempt to imitate the utterance.

**LET YOUR CHILD HELP YOU AS YOU WORK** around the house. **Describe what you are doing, planning and thinking.** Let your child name the things you are using and tell you what you are doing. Problems and "messes" in and around the house are great for language stimulation activities.

**YOU CAN START STRESSING VERBS** (e.g. walk, jump, push) **AS WELL AS NOUNS** (e.g. dog, horse, car) at this age, as your child should already be using 3-word combinations. For example "horse is jumping". When introducing new object names, keep the verb constant, for example ("give me the red ball, give the brick to daddy, give green apple to teddy") and vice versa ("show me the white cup, get the small cup, hide cup in the cupboard").

Ask your child what he is doing while you engage in play activities, housework etc. He/she must answer using at least a 3-word phrase, for example "sweeping the floor"; "dressing my dolly". Remember to expand your child's utterances.

Show your child various objects and ask: "What do we do with this?". If your child answers "brush hair", "clean teeth" etc, you can respond by expanding on what he/she said (e.g. "yes, you brush your hair" OR "I brush my hair"). If your child responds with a one-word utterance, you can expand on his/her utterance using a two-word phrase (e.g. "brush hair").

**COMMANDS:** Take turns being the "boss" with your child by telling each other what to do. For example, body parts: "touch ear", "find nose"; actions: "stand up", "touch wall"; musical instruments: "bang drum", "blow whistle".

Once your child uses a specific word such as "moo/car", start using another noun/word such as "cow/truck". This will improve vocabulary and thinking skills.

## Activities to help stimulate your 30-36 month old's speech and language development:

**ASK YOUR CHILD TO DELIVER SIMPLE MESSAGES** for you (e.g. "Mommy needs you, Daddy").

**TALK TO YOUR CHILD ABOUT PLACES** before you leave, while you are there and when you get home (e.g. visit to the park, zoo, aquarium).

**SCRAPBOOK DIARY:** Use a scrapbook to make a "diary" with your child. You can write a sentence about an activity that you did together and your child can draw a picture or stick in anything that relates to what is being described. You can also make a scrapbook of your favourite or familiar things by cutting out pictures. You can help your child group them into categories, such as things to ride on, things to eat etc. Create silly pictures by mixing and matching pictures. For example, glue a picture of a dog behind the steering wheel of a car. Talk about what is wrong with the picture and ways to "fix" it.

**REPETITION:** Emphasise and repeat single words, phrases and sentences for your child to imitate. Simplify language so that your child is able to attempt to copy what you say without making it ungrammatical. You can also practise copying multi-syllabic words (e.g. umbrella, helicopter). This is an important opportunity for him/her to learn how to structure sentences and words.

**COMMANDS:** Let your child give commands to his/her toys using 3-5 word phrases. You can also let your child give names to the toys. For example, "Monkey is drinking milk", "David washes his face".

**'GIVE ME' GAMES:** Take turns asking each other for toys and other objects. The phrase "give me" remains constant while the object changes. Thereafter, include other words, such as "Give me [the] teddy"; "Give Mary [the] puzzle".

**HELP YOUR CHILD UNDERSTAND AND ANSWER QUESTIONS.** Play the YES/NO game and ask questions such as "Are you a boy?", "Are you Luke?". Encourage your child to make up questions and try to fool you.

**ASK QUESTIONS THAT REQUIRE A CHOICE.** For example, "Do you want an apple or an orange?", "Do you want to wear your red or blue shirt?".

**Most importantly, enjoy your child, have fun together and make a memory of every developmental moment!**