



# 8 WAYS

## TO SUPPORT YOUR CHILD'S SPEECH-LANGUAGE THERAPY AT HOME

**SUSAN L. COHN  
& ASSOCIATES, PC**

SusanCohnAndAssociates.com

425.392.4965

For children who suffer from speech and language disorders, early intervention is incredibly important. The earlier speech and language problems can be identified, the better your child stands to respond to treatment.

**The first step is to [contact a Speech-Language Pathologist](#) for a screening and, if necessary, treatment recommendations.**

Once your child begins working with a Speech-Language Pathologist, it's tempting to breathe a sigh of relief and let your child and the therapist do all the work. However, even when your child begins working with an experienced and capable therapist you will still play a very important role.

As a parent, here are eight important ways you can help your child at home and support the work being done in therapy sessions.

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## 1

### **LISTEN AND RESPOND TO YOUR CHILD**

When your child is speaking, make eye contact and show them you are listening. Respond and interact with them based on the topic of conversation.

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## 2

### **TALK, READ, AND PLAY WITH YOUR CHILD**

When your child hears you talk and read, or interacts with you while you play, they get to hear your speech and use it as a model for their own.

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## 3

### **COMMUNICATE WITH YOUR CHILD IN THE LANGUAGE THAT YOU ARE MOST COMFORTABLE USING**

If you are a native English speaker, communicate with your child in English. He or she will hear you speak confidently, without searching for words or pronunciations. If your native language is something other than English, let that be the language you use to communicate with your child.

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## 4

### **KNOW THAT IT'S GOOD TO TEACH YOUR CHILD TO SPEAK A SECOND LANGUAGE**

Learning a second language is a wonderful gift to give your child. Not only does it help them learn about another culture, it also helps your child master his or her first language.

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## 5

### **TALK ABOUT WHAT YOU ARE DOING AND WHAT YOUR CHILD IS DOING**

This is an easy one! Think of it as a verbal play-by-play of everyday activities. For instance, as you're putting dishes in the dishwasher, talk about rinsing the dish and placing it on the rack. When you're helping your child brush their teeth, talk about grabbing the toothbrush, putting toothpaste on the brush, scrubbing teeth and rinsing afterward.

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## 6

### **USE A LOT OF DIFFERENT WORDS WITH YOUR CHILD**

Use a variety of new and interesting words with your child. When used in context, the familiar words will help them understand what the new words mean.

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## ABOUT AMY SVENNSON | M.A., CCC-SLP

Amy earned her Master's degree in Speech & Hearing Sciences at Washington State University in 2000 and earned her undergraduate degree at the University of Wisconsin-Madison in 1998. Prior to becoming the owner of Susan L. Cohn & Associates in 2010, Amy worked in public schools, private practice, and as building coordinator for special education services. In 2014, Amy had the prestigious honor to serve as a presenter at the ASHA National Convention. Amy and her team provide diagnostic and treatment of speech and language disorders for children and adolescents. Amy and her husband live in Snoqualmie with their two children.



### 7

#### USE LONGER SENTENCES AS YOUR CHILD GETS OLDER

As your child gets older, your conversations will extend beyond two or three word statements to include longer, more descriptive sentences and questions. Be sure to work with your Speech-Language Therapist to determine appropriate at-home communication plans.

### 8

#### ENCOURAGE YOUR CHILD TO PLAY WITH OTHER CHILDREN

Encouraging your child to play with other children will introduce them to different speakers and new people to communicate with, which expands their opportunities to learn.

Remember, the earlier speech-language issues can be identified, the better your child stands to respond to treatment. If you suspect that your child needs help, contact us today to [set up your free screening](#). It's better to know than to wonder. Your child will thank you!

Source: [American Speech-Language-Hearing Association \(ASHA\)](#)