**TopTips… at home**

**Do this every day at mealtimes**

- Say the names of the foods your child is eating and say what they’re like, using words such as ‘crunchy’, ‘squishy’, ‘sour’, ‘cold’, ‘warm.’

- Give your child choices, so that they can hear and understand more words. For example, ‘Do you want an apple or an orange?’ Make sure you give them time to respond.

- Try playing pretend games. For example, you can make meal times fun by pretending to be a dinosaur eating trees as you bite into some broccoli, or a monkey enjoying a slice of banana.

**TopTips… on the go**

**When you’re out and about**

- When you’re out and about, notice the different noises your child responds to.
  - Talk about what they can hear. For example, ‘The birds are saying tweet-tweet,’ or ‘It’s a car, vrrrrrooom!’

- When your child starts using words, respond to what they say and make it a conversation using words for actions, as well as things. For example, ‘Mummy? Yes, Mummy is kicking the ball.’

More information about Central London Community Healthcare early years speech and language therapy online: clch.nhs.uk