

Speech and Language Therapy Service's 'Help at Home' scheme

PLAY

Why is Play Important?

As children develop, they learn many skills such as looking, turn-taking, talking and how to mix with others. Play is an important part of learning all of these things, especially talking, and without good play skills, learning to talk can be difficult.



Children's toys encourage them to find out about the world around them. Playing with others helps them to learn to communicate.

There are lots of different types of play and so lots of ways of helping your child to learn.

This leaflet gives you some ideas of how you can get the most out of play.

Play, play and play again

Children often enjoy playing things over and over again – this gives you the perfect opportunity to say words, over and over again. Hearing words in this way will help them learn to talk.

What can you do?

Comment and repeat simple words and phrases. This is called *modelling language*. (Remember, the aim here is to emphasise *key words* not full sentences)

- When building a tower:
"Ooh red brick, up, up, up
... Uh oh, all fall down...
CRASH!"
- When playing with toy animals: "Look, horse running... dog jumping... sheep eating."
- When playing together in the sandpit: "Dig a hole, hide the boat."



Try these games at home

Face play: make silly sounds and copy each other.

Pop-up toys: let your child find out what happens when they do something eg. Jack in the box.

Looking games: sit opposite each other and blow bubbles. Wait for eye contact and vocalisation from your child before blowing more

Turn-taking: roll cars/balls to each other. Build towers that your child can knock down on "Ready, steady... go!"

Get messy: sandpit, water tub, bath time. Have different objects in the water/sand your child can feel and play with.



Action rhymes/songs: sing songs or rhymes with lots of actions, eg, "Row, row, row your boat" and "Incey wincey spider."

Tea party: using a tea set pretend to have cups of tea and cake. Use toy foods or cut out pictures.

Everyday activities: play together with different but interesting toys and act out everyday activities. E.g. Eating, washing, running.



Remember - Follow your child's lead, encourage them to take turns and use language that they could copy.

If you are worried about your child's talking or would like more information, please call your local Speech & Language Therapy Services

Abertawe Bro Morgannwg University Health Board	Swansea, Neath Port Talbot and Bridgend
Aneurin Bevan Health Board	Blaenau Gwent, Caerphilly, Monmouthshire, Newport, Torfaen and South Powys
Betsi Cadwaladr University Health Board Wrexham & Flintshire 01978 727071 Conwy & Denbighshire 01745 443178 North West Wales 01286 662760	Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham) as well as some parts of mid Wales, Cheshire and Shropshire
Cardiff & Vale University Health Board	Cardiff & Vale residents
Cwm Taf Health Board	the Cynon Valley, Merthyr Tydfil, the Rhondda Valleys and the Taff Ely area
Hywel Dda Health Board	Carmarthenshire, Ceredigion and Pembrokeshire.
Powys Teaching Health Board	Brecon, Newton, Montgomeryshire and Knighton, Becknockshire and the remainder of Radnorshire

Afasic Cymru is the only charity in Wales, representing children & young people with Speech, Language & Communication Needs (SLCN), with a particular focus on Specific Language Impairment (SLI)
www.afasiccymru.org.uk

Afasic Cymru acknowledges Amy Hewer, a S&L Therapist at Betsi Cadwaladr UHB & Wrexham Flying Start for working in partnership to produce this information.

Production of this leaflet has been funded by
The Waterloo Foundation & Welsh Government

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Welsh Government