Special Time

Your Speech and Language Therapist will have recommended having **daily** Special Time with your child.



**What is Special Time?** 5 minutes of child-led play

**Why is it important?** Children learn language faster if a familiar adult plays alongside them

**What do I need?**

* Set aside 5 minutes every day for just you and your child to be together
* Turn off the TV, and don’t be distracted by phones or tablets
* Toys or objects that your child enjoys

**How do I do it?**

* Let your **child choose** the toy
* **Sit opposite** them on the floor with a natural space between you and your child
* **Wait and watch** what they are doing in their play
* **Stay silent. Do not speak.** Their silence allows them to concentrate and organise their thoughts before looking to you for a word. Do not ask them to look at you.
* **When your child looks** at you and…
* Does not say anything 🡪 You can **name** what is in their hand or what they are doing. Example = “dolly”, “car”, “go”, “sleep”
* Says a word 🡪 You can **repeat them and add on** another word. Example = Child: “car”, You: “push car”

**Top Tips!**

* **Talk slowly** to help your child copy your speech. We are helping them by giving them time to think and do.
* **Use simple language**. Speak at the same language level as your child. If they use single words, you should use single words. If they use sounds only, choose one word or a sound to comment. For example, ‘down’ or ‘wee!’
* **Avoid asking questions** – this reduces the amount of language a child uses and does not help them to learn new words