

Advice to help your child's understanding

A child's understanding will develop over time and during this time they may need some help to follow instructions even if their understanding is developing as expected. Below are some general strategies that can help a child's understanding.

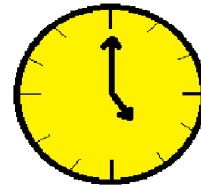
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Try breaking longer instructions down into smaller pieces. For example instead of saying "Please put your toys away, put your chair under the table and find your coat and shoes", try giving one piece of information at a time.

Try to ensure that you have your child's attention before giving them an instruction. This can be done by calling their name and by being face to face with them.

If possible try and encourage the child to repeat instructions back to you. This will ensure that they know what they have to do. You can repeat the instruction again if they are unsure.

Give instructions to the child slowly and give them time to think about what they have to do. Giving an instruction too quickly gives the child less time to process and remember what they have heard.



Remember to always praise your child for their attempts at following the instruction, even if they have got it wrong.

Try and reduce any background noise when giving the instructions. This may distract the child and cause them to miss key bits of information.

For older children it may be useful to write instructions down for them as a prompt. With all children try and use a gesture to support the instruction e.g. pointing to what you would like etc.



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