



## HELPING YOUR TODDLER WITH TALKING

### REPEAT

We all know how important it is to practice when learning a new skill. Think about learning to drive or trying a new sport. Learning to communicate is the most complex skill that any of us learn. Children who are learning to talk need lots of help from you and lots of opportunities to practice.



Repeating new words is the best way to help children learn them. Some children need to hear a word many, many times before they can understand it and try to say it. Other children will pick things up more quickly.

### How can I repeat words to help my child?

Repeat new words several times in many different situations: For example, if you are playing with bubbles, you can let your child hear that word lots of times in short phrases as you play



“Bubbles”  
“Open the bubbles”  
“Blow the bubbles”  
“Pop the bubbles”  
“Close the bubbles”  
“More bubbles”

Wait between each repetition to give your child a chance to react or respond. Some children may try saying the words after you but even if they don't, you know that you are giving your child a good chance to learn new vocabulary by repeating it.

Combine the tips in this sheet with the advice given in session 3 (Copy and Add More) when thinking about the kinds of words that are at the right level for your child.

In general, daily routines and play are the best learning opportunities for you to help your child. These provide natural learning activities without adding more complications to your busy lives

For example getting dressed every morning gives you a chance to repeat the same key words:

“Shirt on”  
“It's your blue shirt today”  
“Daddy has a red shirt today”  
“Look, lots of buttons on your shirt”

Other daily routines like bath time or meal time give you the same chance to really let your child hear useful words regularly.



If your child has about 20 words or more, extend the range of words that you repeat to include more action words as well as the names of things. Words like sleeping, running, drinking, washing are all easy to talk about in your daily activities as well as in play situations.

Remember to think about pausing to give your child a chance to join in if they want to.

You don't need to ask your child to copy you, just try to make sure that they are hearing you saying lots of words as you play and go about your daily life.