

For busy moms:

5 MINUTE ACTIVITIES TO BOOST YOUR CHILD'S SPEECH & LANGUAGE





5 MINUTE SPEECH & LANGUAGE ACTIVITIES FOR BUSY MOMS



Try these 5 minute activities that take no extra time. Just add them to what you are doing during the day!

Follow the leader

Walk around the house while you are doing things (cleaning up, gathering laundry, etc). Have your child follow you and imitate what you do- make it silly and fun. Throw clothing in the air and catch it, twirl around. Make sure to say the words as you go (here's a shirt, here are your shoes, etc..). Then, have your child be the 'leader' and you follow your child. Continue to narrate what you are doing and emphasize key vocabulary words.

Dress Up

While getting ready in the morning, set out a few of your clothes that your child can put on to play 'dress up' while you are getting ready. Make sure to comment on what your child is doing (Ooh, I like your shoes.. those are nice shoes. Who's shoes are those? Are those mommy's shoes or your shoes? Mommy's shoes!)

Wash the dishes

While you are doing dishes, set your child up with some real or play dishes, water, and their own sponge. Have your child request when they need soap. If they can't say it yet, model it for them. Wait to give the soap until they look to you, reach out, or verbalize to you, then model it, & repeat the target words, "You want soap? Ok, here's the soap! Oh, that's a lot of soap. Ok, wash, wash, wash. You try! Wash, wash wash."



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Use the guide below to get ideas for what skills to target during each activity.

Follow the leader

Skills targeted:

- imitation of actions
- imitation of words
- following verbal directions
- vocabulary: household items, clothing, here/there, up/down, clean up

Dress Up

Skills targeted:

- imitation of words
- questions (who, what)
- pronouns (mine, yours)
- vocabulary: clothing: hat, shirt, pants, shoes, dress, scarf, etc..

Wash the dishes

Skills targeted:

- initiating communication
- imitation of actions
- vocabulary: dishes (plate, pot, pan, bowl), silverware (fork, spoon), soap, wet/dry, wash