



BONUS GUIDE

# Stimulating Communication in Daily Life

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A PARENT & CAREGIVER CHECKLIST



**GETTING STARTED**

# Every Moment Is a Chance to Talk

You don't need special toys or a set lesson time. The ordinary moments of your day are the best places to help your child communicate. Here are four simple ideas that make all the rest work.



## Follow Their Lead

Notice what your child likes and join in. Motivation comes from what they already want.



## Create a Reason

Set up little moments where they need to ask you for help, more, or a turn.



## Wait & Look

Pause, lean in, and look expectant. Give them a few seconds to respond first.



## Reward Every Try

A word, sign, picture, or gesture all count. Celebrate the attempt right away.

**EVERY ATTEMPT TO COMMUNICATE IS A WIN.**



## CORE TECHNIQUE

# 6 Ways to Spark Communication

These are gentle "temptations" — you set up a moment so your child has a real reason to reach out to you. Then you wait and let them lead.

1

**Keep Favorites in Sight**

Put a loved snack or toy where they can see it but not reach it.

2

**Give a Little at a Time**

Offer small portions so they ask again for "more."

3

**Hand Over a Missing Piece**

Give the bubbles with no wand, so they ask for help.

4

**Pause a Fun Activity**

Stop mid-tickle or mid-swing and wait for "again."

5

**Make a Silly Mistake**

Put a shoe on their hand and pause — invite them to protest or fix it.

6

**Offer a Choice of Two**

Hold up two options and let them pick with a word, point, or reach.

## DAILY ROUTINES

# Mealtime & Snack

Food is powerful motivation. Slow the routine down just a little and let your child ask for each step.

☐ **Serve small portions**  
Give one cracker or a few pieces so they ask for "more."

☐ **Keep the container closed**  
Hand over a sealed pouch or jar so they ask you to "open."

☐ **Offer a real choice**  
"Apple or banana?" Let them pick their way — any way counts.

☐ **Pause before helping**  
Wait a few seconds with the cup in sight before pouring the drink.

☐ **"Forget" a utensil**  
Give the yogurt with no spoon and wait for the request.

☐ **Name it, then give it**  
Say "milk," hand it over, and celebrate any attempt to copy you.



**DAILY ROUTINES**

# Playtime

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Play is where kids are most motivated. Follow what they enjoy, then build in small chances to ask you for more.

**Be the fun part**

Tickles, chase, and swings need you — pause and wait for "again."

**Hold the pieces**

Keep the blocks or puzzle bits and pass one out each time they ask.

**Use wind-up toys**

Wind it, let it go, then wait for them to ask you to do it again.

**Put toys in clear jars**

Store favorites in a see-through box with a tight lid to prompt "open."

**Copy their play**

Do what they do, add one sound or word, and see if they join in.

**Blow bubbles slowly**

Pop one, then pause with the wand up and wait for "more bubbles."



## DAILY ROUTINES

# Bath Time & Getting Dressed

These predictable routines happen every day, so they're perfect for practice. Add tiny pauses and choices along the way.

**Pour and pause**

Fill the cup, dump the water, then wait for them to ask for "more."

**Name each body part**

"Wash your feet!" Say it warmly during each step of the bath.

**Offer clothing choices**

Hold up two shirts and let them pick which one goes on.

**Pause between steps**

One sock on, then wait — give them a chance to ask for the next.

**Play with bath toys**

Keep the boat just out of reach so they ask you to hand it over.

**Make it playful**

Peekaboo with a towel invites "again" and lots of shared smiles.



**DAILY ROUTINES**

# Out & About

Errands, the park, and the car are full of new things to notice and name. Keep it light and follow their interest.

**Narrate what you see**

"Big truck!" Point out things your child is already looking at.

**Push, then pause**

Stop the swing at the top and wait for them to ask for "go."

**Let them choose the route**

"Slide or swing?" Give two options and follow their pick.

**Hold the snack bag**

In the car, keep treats with you so they ask before each one.

**Play "I spy" simply**

Name a dog or a bird and see if they look, point, or copy you.

**Wait at the door**

Pause before opening the car or store so they signal "open."



## DAILY ROUTINES

# Book & Song Time

Familiar books and songs are gold. The repetition lets your child predict what comes next and fill in the blank.

**Pause on a favorite line**

Stop before the last word and wait for them to fill it in.

**Stop the song mid-verse**

Sing "Twinkle twinkle little..." then wait, look, and smile.

**Let them turn the page**

Wait at the end of a page for them to reach and turn it.

**Point and name pictures**

"Where's the dog?" Keep it simple and celebrate any response.

**Use songs with actions**

Pause "wheels on the bus" and wait for the gesture or "more."

**Read the same book often**

Repetition builds confidence — they learn what comes next.



## HELPFUL HABITS

# Do & Don't

A few small shifts make everyday moments feel encouraging instead of like a test. Keep it warm and low-pressure.

### DO

- ✓ Get down face-to-face at their eye level.
- ✓ Accept any attempt — word, sign, picture, or point.
- ✓ Model the word, then give what they want.
- ✓ Wait a few seconds and look expectant.

### AVOID

- ✗ Quizzing with "What's this?" all day long.
- ✗ Answering or grabbing the item for them.
- ✗ Demanding speech before they get a reward.
- ✗ Correcting how they say it — just celebrate.



### YOU'VE GOT THIS

Progress is rarely a straight line. Keep it playful, follow your child's lead, and trust that every small moment adds up.

KEEP IT GOING

# Your Everyday Checklist

Print this page or keep it on the fridge. These are the simple habits that turn any ordinary day into practice.

☐

**Get face-to-face**  
Come down to their level so you can share the moment.

☐

**Follow their interest**  
Start with whatever they're already enjoying.

☐

**Create one reason to ask**  
Pause, hold back a little, or offer a choice.

☐

**Wait and look expectant**  
Give a few silent seconds before you step in.

☐

**Reward every attempt**  
Respond fast to any word, sign, picture, or gesture.

☐

**Keep it fun**  
End on a happy note so they want to try again tomorrow.

SMALL MOMENTS, EVERY DAY, ADD UP TO BIG WINS.

