Speech Ease

The 4 S Strategy to Help Your Child to Understand

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Say Less

- Use short clear sentences
- Talk to your child at their level of understanding - if they are just learning to talk, use single words or short phrases. Don't give lots of information at once
- Break down instructions into simple, single steps

Stress

- Exaggerate and place extra tone on important words
- Put the key or important words at the end of your sentence - children tend to remember the last thing they hear
- Use fun words and be animated when you talk

Go Slow

- Slow your rate of speech slightly so that it still sounds natural but not rushed
- Pause between phrases and sentences
- Use build ups. Build up is when we slowly add more information and "build" the sentence. For example Hat. Put on. Put on your Hat.

Show

- Give your child visual clues using
  - Real objects.
  - Actions and gestures
  - Pictures
  - Printed words

And finally, repeat often

Give your child lots of opportunities to hear the word and in as many different situations as possible. For example to help your child understand the word "up", you could say it when lifting them up, when you are "walking up the stairs"or "going up in the lift", when playing with blocks "build it up"

SpeechEase SPEECH PATHOLOGY

What is the Hanen Approach?

There are several programs developed by the Hanen Centre, a not for profit organisation based in Montreal, Canada, that provides training for families, and early childhood professionals to help their children with communication delays.

There are several popular Hanen parent coaching programs, and Speech Ease runs the Hanen It Takes Two To Talk program for parents with children 0-5 years of age with communication delays.

The Hanen More Than Words Program is a parent training program that has been designed to help parents improve their understanding of autism and learn how autistic children develop their social communication skills. It provides parents with practical strategies to use within their daily interactions with their child. The aim of the program is to improve parent-child relationships; to foster communication skills between parents and their children; and to foster communication between children and their family, peers and carers/educators.