

Top 10 Language Stimulation Strategies

Here are 10 simple strategies to support your child's communication development.



Self Talk

Narrate what you're doing, seeing, or feeling out loud. Speak slow, clear, simple words and short phrases.

01

Why it works:

Builds vocabulary through meaningful exposure.



Offer Two Choices

Give your child two choices and pause to give them a chance to respond.

06

Why it works:

Encourages pointing, gestures and verbal attempts to request.



Parallel Talk

Describe your child's actions, emotions, or focus out loud. You're the narrator of what they're experiencing.

02

Why it works:

Helps children connect words to actions and experiences.



Repeat, Repeat, Repeat!

Use the same word or phrase in different contexts to help your child hear it often and understand it better.

07

Why it works:

Reinforces understanding and helps new vocabulary stick.



Recast

Repeat your child's word or phrase by saying it back in a slightly more complete or correct way.

03

Why it works:

Models correct language naturally without correction.



Communication Temptations

Place desired items out of reach, offer activities that require adult help, or "forget" part of a routine.

08

Why it works:

Motivates your child to initiate communication and interact.



Expansion

Take what your child says and add one or two words. Match their level and expand just a bit beyond.

04

Why it works:

Supports longer phrases and sentences over time.



Speech Sound Stimulation

Use fun, exaggerated sounds during routines and playtime. Focus on early developing sounds in play.

09

Why it works:

Builds sound awareness and supports vocal play and early speech.



Extensions

Build on your child's message by adding a little more information. Match their level with short or long phrases.

05

Why it works:

Introduces new vocabulary and ideas



Follow Your Child's Lead

Notice what interests your child and join in! Let their focus guide the interaction.

10

Why it works:

Increases engagement and makes language more meaningful.

