

ENGLISH

SUPER SPEECH!

INFORMATION FOR SUPPORTING LANGUAGE DEVELOPMENT

Speaking is fun!

- Talk to your child.
- Talk about your day and explain what you are doing.
- Look at books together.
- Read to your child regularly.
- Sing with your child.
- Use nursery rhymes and finger games.

... ideally every day!

What you should keep in mind:

- Patience and respect: listen carefully and let your child finish.
- Speak clearly and slowly.
- Get down to the level of your child.
- Try to make eye contact with your child.
- Speak in complete and correct sentences.
- Speak in the language you speak best.

... after all, you are the linguistic role model for your child!

Exercise and playing outside promotes language development

Media such as television, laptops, tablets or smartphones can have a negative impact on some areas of development. This also includes language development.

Experts advise:

- No media consumption for children under the age of 3
- No more than 30 minutes a day until beginning school
- A maximum of 60 minutes a day for primary school children

Making mistakes is part of the process!

- Do not point out the mistakes in your child's pronunciation so that they continue to have the confidence to speak.
- Correct them gently.
- Repeat incorrect words correctly in a sentence and expand on what the child has said.

Example: Your child says: "Get fowers," you reply: "Yes, we want to get some flowers."

Training for strong speech muscles

- Biting and chewing solid food
- Taking out the dummy when talking
- Transition early from teat to spoon and cup
- **Training for the tongue:** e.g. sticking the tongue out as far as possible and bringing it up to the nose or down to the chin or circling the lips with the tip of the tongue
- **Training for the lips:** e.g. pursing and spreading the lips (showing teeth), drinking with a thin straw or practising whistling
- **Blowing exercises:** e.g. blowing away cotton wool balls or feathers, blowing up balloons and making soap bubbles

Do you have any questions about your child's language development?

Contact your paediatrician's practice or ENT practice or ask us for advice.

Hanover Region

Team Sozialpädiatrie und Jugendmedizin

Hildesheimer Str. 17

30519 Hanover

Telephone: (0511) 616-23384

Email: jugendmedizin@region-hannover.de

Or questions about language development at your daycare centre?

Hanover Region

Team Tagesbetreuung für Kinder

Thurnithitstr. 2

30519 Hanover

Telephone: (0511) 616-22197

Email: individuellesprachförderung@region-hannover.de

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Regional President

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