



Makaton “Sign and Say”

Makaton is a communication system using speech, signs, and sometimes symbols. Using Makaton with your child can be very effective in supporting their communication, reducing frustration, and increasing confidence.

For further information see www.makaton.org

Comments from parents

“Using Makaton took away my child’s frustration as he had a way to communicate. We both felt better.”

“Using Makaton kick started my child’s communication. He became happier because he could communicate what was going on”

Never underestimate the power of the parent or carer!

Your role as a parent or carer is crucial in supporting your child’s development. You know and love your child better than anyone else, and how you play and talk with them can make a big difference.



Useful websites

- **The Communication Trust**
www.thecommunicationtrust.org.uk/resources
- **ICAN resources**
ican.org.uk/i-cans-talking-point/parents/
- **Tiny Happy People**
www.bbc.co.uk/tiny-happy-people
- **Intensive Interaction**
www.intensiveinteraction.org
- **Widgit Software Symbols**
www.widgit.com

Follow our social media accounts for lots of ideas of how to support your child’s communication skills, and links to other useful websites and resources.

 **Facebook page:** East Kent Children and Young People’s Therapy Service

 Follow us on **Twitter** @ChildTherapyEK

www.ekhufft.nhs.uk/cypts



East Kent
Hospitals University
NHS Foundation Trust

How to support your child’s social communication skills

Information for parents and carers

There is so much you can do to support your child’s social communication skills whilst they are waiting for an appointment with a therapist, and between therapy sessions.



This leaflet aims to provide parents and carers with information, activities, and tips. If after reading this leaflet, you still have questions or concerns, please look at www.ekhufft.nhs.uk/cypts



Supporting and encouraging your child's social communication and social interaction skills

Communication is more than just words we say to each other. Children with social communication difficulties may struggle with:

- spending time, talking and playing with others
- moving their attention between people and activities
- understanding or using eye contact, facial expressions, and body language
- listening and paying attention to the world and people around them.



Children need to develop the important foundations of communication (the roots) to help their understanding of language (the trunk) and use of words, sentences, and speech sounds (the leaves).

Parents can help by playing together, listening, praising your child, and commenting on what they are doing.

Intensive interaction

Intensive interaction is an approach that can help children develop their early play and communication skills.



- Get down to your child's level and join in their play.
- **Copy** what you see and hear your child do; play, movements, actions, and sounds.
- Try to respond to your child immediately when you copy them.
- Silence and pauses are okay! **Wait** for your child to do something before you join in.

Top tips for social communication

- **Special time.** Spend 10 minutes a day with your child playing with a toy or activity of your child's choice.
- **Reduce background distractions.** Turn off the television and try to find a quiet space.
- **Let your child take the lead.** If they choose the activity or toy, they are more likely to have fun, pay attention, and learn.
- Try to **wait for your child to look at you** before you say something.
- Comment on your child's play using **simple language.**
- Encourage **all** attempts at communication, whether it is a sound, eye contact, a gesture, or a point.
- **Slow down** the pace of play and interaction, allowing for silence whilst your child decides what they want to do next.
- **Repetition** can encourage learning. Playing with a toy the same way each time will let your child learn how it works. It gets easier for them to play with you when they know what to do!
- When your child is consistently playing with you and a familiar toy or activity, try to add something new to keep them learning.