

## Speech and Language Therapy Programme Requesting "more!"

One of the first messages a child will learn to communicate is to say they want something! This may be as simple as a baby crying when they want milk, or a toddler reaching for a favourite toy.

Another early message that children learn to communicate is to say that they want "more" of something. This may be drink, food, an activity, a toy, a person...

This programme will give you some ideas of how to encourage your child to request "more".

Ways that a child can request "more".

- looking at what they want
- crying
- reaching,
- pointing
- vocalisations
- signing "more"
- saying "more"

### Follow your child's lead

Watch what your child is doing and look for activities that they are really interested in. For example this may be playing with toy cars, watching bubbles, playing with musical toys.



### Be a detective

Sometimes you may need to try different activities to find out what your child is interested in, for example this may be things like being tickled, singing nursery rhymes, being bounced on your lap, being read to.

Think about the different senses - things we hear, things we see, things we feel, things we taste, things we smell, and movement.

Explore these different senses with your child and find out which one they are most interested in.

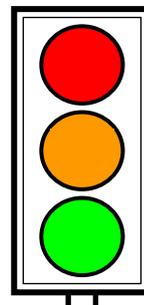


## Next.....

Now you know what motivates your child it's time to encourage them to ask for "more"



- Let them have a go with the activity - for example if you have chosen bubbles, blow the bubbles a couple of times for your child and pop them together
- Then STOP and WAIT ...observe what your child does...
  - Your child may look at the bubbles or look at you, they may reach for the bubbles, they may make a sound - give them verbal praise and blow more bubbles "more bubbles...one, two, three..."
  - Your child may lose interest...in this case either keep trying or try and find a different activity that is even more motivating to them! The idea behind choosing a motivating activity is that they will want more!
- Repeat the activity to develop a consistent response. The aim is to teach your child that if they do something e.g. look at the bubbles or reach for the bubbles they will get more.
- Once your child will request "more" for one activity, try and different activity and see if they can do the same.
- If you are working towards your child reaching for the motivating object, show them what you want them to do by holding their hand and helping them reach for the bubbles if you put them on the table.



The Makaton sign for "more"

- If you are working towards your child signing "more", show them what to do by showing them the sign, then hold their hands to help them make the sign, then blow the bubbles (or other activity)

immediately to show them that if they do the sign "more", they get more of their motivating activity.

### **Suggestions for activities**

- Bubbles
- Musical toy
- Flashing light toy
- Songs and nursery rhymes
- Tickling or rough and tumble play
- Inset puzzle
- Building blocks
- Bouncing on your lap or on a trampoline when holding your hands
- You can also use the "more" sign during snack time, for example asking for more fruit or more juice