

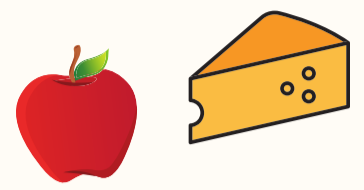
# Apraxia Strategies Parents Can Use at Home

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## Offer verbal choices

Get in the habit of offering choices instead of asking too many yes/no questions. For example, try asking, *"Do you want an apple or cheese?"* instead of *"Do you want an apple?"*



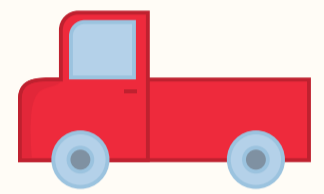
## Focus on powerful words

Teach powerful words that will help your child communicate wants, needs, and feelings. This includes names of favorite people (*mama, dada, papa, nana*) and pets; favorite toys, books, foods, shows, places, activities; assertive words such as *no, mine, stop it*; and other important words such as *hi, bye, help, all done, eat, drink, potty, sad*.



## Replace test-like questions with comments

Life is not a quiz! Asking long strings of questions such as, *What color is it? How many are there? What shape is it?* places a lot of pressure on your child. Instead of asking, *"What color is it?"* try just saying, *"The truck is red. Beep beep!"*



## Talk and read books face to face

Your child needs to SEE how you move your mouth when talking. If your child could learn to talk by just HEARING other people talk, they would be talking by now. It is easier to teach the precise movements necessary for speech production when engaging face to face with your child.



## Use less language when trying to elicit speech

When talking to teach your child HOW to talk, use fewer words so they can focus on each sound and syllable that you are saying. Instead of saying, *"Say bye-bye to the cute little puppy"* try just saying, *"Bye-bye puppy."*



## Focus on sound effects

Animal sounds, vehicle sounds, and exclamations consist of simple syllable shapes that can easily be embedded into play time, story time, bath time, when riding in the car...anytime at all!



## Avoid telling your child to say words

Become your child's voice and say the words you wish they would say; but avoid instructing your child to say words. Increased pressure to speak can actually decrease your child's willingness to try.



## Choose books and songs with repetitive words

When it is time for the last word of the repetitive phrase, pause and allow your child an opportunity to fill in the blank.

*Row, row, row your \_\_\_\_\_*



## Focus on about 5 target words

Together with your speech therapist, select about 5 target words to focus on at home with your child. The rest of the time, just be a good speech model.



## Say target words together in unison

*"Let's say it together!"* Slow down and focus on the smooth, continuous speech movements between sounds, syllables, and words.

