

## Did you know?

*Face-to-face conversation can improve a child's language development.*

*Children who experience more face-to-face communication can be significantly ahead of their peers in verbal skills by the age of five.*

*Professionals recommend less than 7 hours of screen time per week. Most children exceed this amount.*

**Talk Spot** is an awareness campaign from Speech and Hearing BC: a not-for-profit organization with more than 1200 speech-language pathologists and audiologists in British Columbia. Our vision is optimal communication and swallowing health for all British Columbians. We offer resources and information to members of the public about identifying, living with and treating problems with their speech, language, hearing, voice, swallowing, fluency or social communication.

Visit [speechandhearingbc.ca](http://speechandhearingbc.ca) to:

- Receive further information about healthy language and learning in children.
- Access a Healthy Milestones chart for children's language development.
- Find a speech-language pathologist or audiologist near you.
- Download fun educational resources for children, parents, caregivers and teachers.

**Talk Spot. Find Yours. Use Yours.**

Speech and Hearing BC is a registered charity. Speech-language pathologists and audiologists are registered and regulated by the College of Speech and Hearing Health Professionals of BC.



**Speech and Hearing BC**  
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## Find Your Talk Spot

**Face-to-face conversations are the best way to support children's language development.**

**Put down the screen and find your Talk Spot.**

**That's anywhere you can communicate in person with someone:**  
In the car, at the table,  
in the community centre,  
at the mall, in the park.

**Talk Spot. Find yours. Use yours.**  
**#TALKSPOT**

# What makes a Talk Spot?

A **Talk Spot** is anywhere you can communicate face-to-face with someone. This could be in the car, at the dinner table, in the community centre, at the mall, in the park: anywhere you can talk without the distraction of a screen. Find yours, use yours and set your child up for learning success.

## Why start a Talk Spot?

Taking turns talking together helps your child:

- Understand new words and ideas
- Add words to his or her vocabulary
- Use longer sentences
- Learn how to take turns in conversations
- Make important social connections with you and other people
- Get ready for school

## Let's start a conversation

Back-and-forth communication is one of the best ways to help your child develop their language. Talking about your own experiences as they happen can help increase your child's vocabulary. Talk about the actions or decisions you take while driving, washing dishes, shopping or cleaning the house. When you do so, speak in complete sentences to mimic real conversation.

## Keep the conversation going

- Children learn the basics of conversation well before they learn to talk. When your child looks, babbles or gestures, treat this as a conversational turn and respond to keep the conversation going!
- Use a variety of words during everyday activities. For example, at a restaurant, you can say things like "She is pouring you water." or "Let's slice your bread."
- Ask open-ended questions that require more detail than "yes" or "no." For example, instead of asking "Did you have a good day?", ask "What did you do today?"
- Encourage your child to ask questions in return. Conversation is a two-way street!
- Set up silly situations where your child needs to use words to express themselves. For example: giving your child a bowl of cereal with a fork or reading a menu upside down.

Learn even more about Talk Spots at [speechandhearingbc.ca](http://speechandhearingbc.ca)

## When you need professional help

Early intervention is important to help your child succeed in school. Do any of the following apply to your child?

- Has experienced multiple ear infections—hearing directly affects speech development
- Would rather "show" you than tell you about something at an age when most children would be able to talk about it
- Has difficulty saying sounds in words and you often find yourself "interpreting" your child's speech for others
- Not using as many words as their peers
- Not responding to their names
- Not responding to directions as easily as their peers

If you see any warning signs, there is a range of options for receiving help. The first step is bringing your child to see a speech-language pathologist or audiologist.

**Speech-language pathologists (SLPs)** are registered professionals who can diagnose and treat disorders of speech, language, hearing, voice, swallowing, fluency, and social communication.

**Audiologists** are registered professionals who specialize in diagnosing and treating hearing impairments.

Some services are government funded and available free of charge and others require payment.