

5 Days to Restart Speech Practice

Day 1 Reconnect & Warm Up

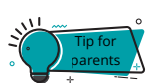
Start with connection

Activity:

Choose something your child already loves: a favourite song, a picture book, a funny game. The goal isn't to "practice" yet — it's just to reconnect through joy.



Sing together or take turns saying silly words!



Don't correct, just copy your child's sounds or phrases to show you're listening.



Warm, easy, and fun.

Day 2 Move & Talk

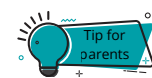
Bring energy and rhythm

Activity:

Use movement to wake up the brain and body! Play "Simon Says," dance to action songs, or toss a soft ball while naming animals.



Every time the ball is caught, say a word starting with the same sound!



Movement boosts attention: short bursts work best after holidays.



Playful, energetic, giggly.

Day 3 Visuals & Routine

Bring structure back gently

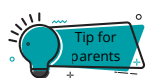
Activity:

Use a visual planner or sticker chart to show "Speech Time" each day.

Let your child choose the sticker after each mini-practice.



Draw 5 stars, one for each day. Fill them as you go!



Predictability = calm. Kids feel safe when they see what's next.



Calm, organised, encouraging.

Day 4 Celebrate Wins

Build confidence

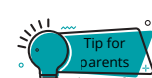
Activity:

Today, notice every effort — every sound, attempt, or eye contact.

Turn it into a mini celebration moment!



Wow, you said that all by yourself!



Use fun praise, high-fives, stickers, or little dances.



Proud, light-hearted, positive.

Day 5 Speech Everywhere!

Generalise with ease

Activity:

Make speech part of everyday life — mealtime, bath, or walk time.

Ask fun questions like, "What's your favourite breakfast word?"



Take a "speech walk" — describe 3 things you see outside.



Natural moments = the best learning. Keep it effortless.



Natural, free, connected.

Celebrate Your Week!

Put all your stickers or drawings together. Look back at what your child enjoyed most, and repeat those next week!

Speech grows best in moments of play, laughter, and connection.

