



**Talk Box**

A parent's guide to creating  
language rich environments



calgary health region



**Capital Health**  
EDMONTON AREA

**Alberta**  
Government

# What is the ?

- a resource for parents and those working with *all* children
- information and activities to promote children's speech and language development
- two versions
  - preschool (birth to 5 years)
  - school-age (5 to 12 years)

# Purpose of



To provide ideas for creating language-rich environments:

- at home
- in the park
- in the car

... everyday and everyway!

# Newsletters




Organized by  
age from birth to  
12 years old

Includes:

- activities to try at home
- when and where to get help


# Speech Sounds Checklist

## Speech Sounds!



**Talk Box**

The words people say are made up of different speech sounds. Each language has its own set of speech sounds. Your child learns to use the sounds in your language by hearing you talk. At first, your baby practises making easier sounds by babbling. As she gets older and says more words, she learns how to use more sounds of your language. By the time your child is 8 years old, her speech usually sounds like the speech of an adult.

 **What to Expect**

**Under 12 Months...**

- **By 3 months**, your baby coos, goes, grunts, gurgles and makes different noises like *ahh*.
- **From 4 to 7 months**, your baby makes babbling sounds like "ahah", "baba", "mama" and "gaga".

**Your One Year Old...**

- Babbles using different sounds like "bababab" or "putudume".
- Copies different sounds you say.
- May say first words.
- **By 1½ years**, uses the sounds that are easiest to make like *m, p, b, d, w, h*.
- Babbles sounds together like real sentences, such as *bapotimawabe*.


• Is understood by parents only about 25% of the time.

**Your Two Year Old...**

- Uses sounds like *m, p, b, w, t, d, n, h*. Most vowel sounds are said correctly like *ah, ee, i, oh, oo*, etc.
- May only use these sounds at the beginning of words.
- Is understood by parents between 50 to 75% of the time.
- **By 2½ years**, uses some sounds at the beginning and end of words.
- May repeat easier sounds like *bubu* for *bubbles* or leave off harder sounds like *ba* for *ball* or *bat* or *bus*.
- May say many different words that sound the same.

**Your Three Year Old...**

- Uses sounds like *m, p, b, w, t, d, n, h, k, g, f, s*, vowels, *y* as in *yes* and *ing* as in *sing*.
- Is understood by parents between 75 to 100% of the time.
- **By 3½ years**, uses sounds at the beginning of words (*bus* instead of *us*) and at the end of words (*boat* instead of *boa*).
- Uses vowel sounds correctly almost all of the time.




Then, I'll puff and I'll puff and I'll blow your house down!

Outlines the development of speech sounds from birth to 8 years old


# Talking and Listening Checklist

## Talking and Listening



**Talk Box**

Your child learns about talking and listening by being with you and other people. She learns the words in your language, how to put words together, how to have conversations and how to play with others. She also learns how to follow directions and understand questions. Your child learns about talking and listening right from the day she is born. This learning continues until she is an adult.

 **What to Expect**

**Under 12 Months...**

- **By 3 months**, your baby startles to sudden, loud noises.
- Your baby seems to know your voice.
- Your baby seems to comfort to your voice when she is upset and crying.
- Your baby coos, grunts, gurgles, cries and makes sounds like *ah*.
- **By 6 months**, your baby turns toward a sound.
- Your baby is interested in sounds, voices and music.
- Your baby smiles when you smile.
- Your baby's babbles sound like *mama* and *gaga*.


**Your One Year Old...**

- Turns and looks in the direction of sounds.
- Responds to familiar sounds like a dog barking or when you call her name.
- Recognizes words for everyday objects like *cup*, *shoe* and *car*.
- Copies actions and sounds that you make.
- Communicates by crying, laughing, looking, showing, reaching, grunting and making sounds.
- Babbles a variety of sounds and says her first words.
- **By 1 ½ years**, understands and says at least 10 words.
- Points to people and body parts like eyes or nose.
- Points to pictures in a book.

• Starts to pretend, like pretending to go to sleep or talk on the phone.

**Your Two Year Old...**

- Uses 2 words together, like *more milk* and *mommy eat*.
- Says at least 50 words.
- Starts to use *ing* (*eating*), plurals (*boats*) and possessives (*baby's bottle*).
- Understands 2 part sentences, like *Get your ball and put it in the box*.
- **By 2 ½ years**, uses words that name objects (*ball*, *shoe*), describe (*big*, *hot*) and talk about actions (*kick*, *eat*).
- Points to more body parts and clothes and points to many pictures in a book.
- Uses common objects in pretend play. For example, pretends to fill up a toy car with gas and drive away.
- Says more words every week.



Outlines the development of language skills from birth to 5 years old

# Monthly Activity Sheets for Preschoolers

**Building on the Basics**  
**Talking about...**  
**October**



October is a fun month filled with family events like Thanksgiving and Halloween. The day off at Thanksgiving gives families more time to get together and have fun. Talking about what your family does to celebrate is a chance to teach language. Halloween is a time when kids dress up and pretend. Acting like their favorite character encourages their imagination and their language skills.

 **Crafts and Activities**

**Make a turkey**  
Trace your child's hand on a piece of paper. The thumb becomes the turkey's head and the fingers are the feathers. Add the eyes, nose and gobble. Add some feet to make it wobble.

**Carve a pumpkin into a jack-o-lantern**  
Let your child scoop out the seeds. Talk about how the seeds feel between your fingers. Go through the steps and ask your child what you should do next. Draw eyes, a nose and a mouth on the outside of the pumpkin. Wash the seeds, roast them and eat them as a snack.

**Make a spider**  
Use pipe cleaners and an egg carton. Have your child draw a face. Help him poke the pipe cleaners through to make 8 legs. Talk about spiders, where they live, how many legs they have and what they like to eat. Use your spiders and sing the *Itsy bitsy spider* song together. Maybe one can be a big fat spider and one a teeny weeny spider.

**Dress up**  
Start a collection of old shirts, dresses, hats, shoes, jackets and play jewelry for your child to dress up in. It's fun to dress up in costumes at Halloween. It's also fun to dress up and pretend you're a mom, dad, teacher, store clerk, grandma, or any other adult your child knows. Keep those old costumes and have fun pretending. For young children, any day is a fun day to dress up and pretend!

You can find some great dress up clothes at the thrift store.

If Halloween is not part of your family, culture or religious traditions, watch for other events in your community. Often churches, community centres, neighbourhoods or even businesses will host "Harvest Festivals" where kids can go, play games and get candy. Some may allow costumes, but no witches, goblins or scary gory creatures. Think about hosting one yourself. You can start your own fun traditions!



## Contains:

- seasonal activities
- book suggestions
- craft ideas



# Farm Set

Building on the Basics  
Talking about... Toys



# Preschool Toy Cards

## Ideas for talking about toys

### With your baby . . .

- Name the farm animals like, *cow, horse*, and so on. Make the sounds that go with the animals.
- Put an animal on the roof of the barn. Let your baby knock it off. Say, "Oh, oh. Pig fall down." Do it again and wait. Use a different animal.

### With your toddler . . .

- Play pretend with the animals. Talk about what they are doing. Say, "The cow is eating" or "Horse jump". When your child says a word, add a new word to it. If she says "tractor", you say "Drive tractor" or "Tractor is big. Pig get in."

- Use other toys with the farm. Put the animals on a bus and drive them to school.

### With your preschooler . . .

- Let your child be the leader. He can tell you what animal to be. Talk about what your animal is doing. Say, "The cow is sleeping...Now it's time to wake up...Get up cow."



Alberta

Capital  
Health

calgary health region



# Good Times with Games for School-age Children

## Good Times With Games...



Did you know that playing a game can help your child's language GROW? Playing a game is a great way to have fun with your child and build language at the same time!

Games help your child...

- ask and answer questions
- give and follow directions
- tell stories
- take turns and play fair
- remember things
- learn new words
- describe things
- HAVE FUN!



Here's a list of fun games that you might be able to find at the toy store, at 2nd hand shops, at garage sales, online, or maybe even at Grandma's house:

<ul style="list-style-type: none"><li>• <b>Clue Junior</b> 5-8 years-Parker Brothers</li><li>• <b>Cranium Cadoo for Juniors</b> 7 years and up-Cranium, Inc.</li><li>• <b>Go Fish</b> 4 years and up-various companies</li><li>• <b>GooseBumps Story Telling Game</b> 7 years and up-Parker Brothers</li><li>• <b>Guess My Name Game</b> 6-10 years-Ravensburger</li><li>• <b>Guess Where?</b> 6 years and up-Milton Bradley</li><li>• <b>Guess Who?</b> 6 years and up-Milton Bradley</li><li>• <b>Hedbanz Junior</b> 7-14 years-Pressman Toy Corporation</li><li>• <b>I Spy-Mouse Follies</b> 4 years and up-Giftcraft Toys</li><li>• <b>I Spy-Puppy World</b> 4 years and up-Giftcraft Toys</li><li>• <b>Loaded Questions Junior</b> 8 years and up-All Things Equal, Inc</li><li>• <b>Magnetic Boards/Create a Scene</b> 3 years and up-Smithport</li><li>• <b>Mystery Garden</b> 4-12 years-Ravensburger</li><li>• <b>Original Memory Game</b> or variations 3-6 years-Milton Bradley</li></ul>	<ul style="list-style-type: none"><li>• <b>Outburst Junior</b> 7-14 years-Golden Hersch</li><li>• <b>Pictionary Junior</b> 7-12 years-Pictionary, Inc.</li><li>• <b>Race to the Roof</b> 5-10 years-Ravensburger</li><li>• <b>Scattergories Junior</b> 8-11 years-Hasbro</li><li>• <b>Scrabble Junior</b> 5 years and up-Hasbro</li><li>• <b>Secret Square</b> 4 years and up-University Games</li><li>• <b>Silly Stories</b> 4 years and up-Binary Arts</li><li>• <b>Taboo Junior</b> 8 years and up-Hasbro</li><li>• <b>Tell a Story</b> 4-8 years-Ravensburger</li><li>• <b>Three for Me</b> 4 years and up-Patch Products</li><li>• <b>Tri-Bond Kids</b> 7-11 years-Patch Products</li><li>• <b>Twenty Questions</b> 12 years and up-University Games</li><li>• <b>What's in Ned's Head?</b> 4 years and up-Fundex Games</li><li>• <b>What's My Name</b> 6-10 years-Ravensburger</li></ul>
--	--

Want more information on speech and language? Read the TalkBox Resource List.

Playing a game is a great way to have fun and build language.

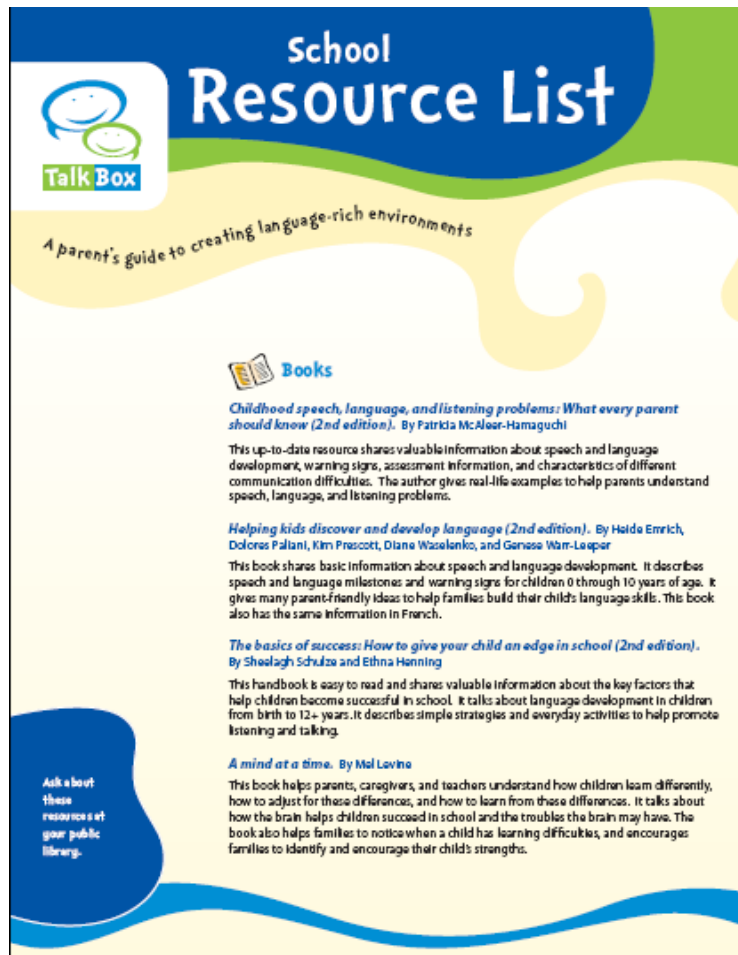
# Games on the Go



## Ideas for games that:

- are easy to play
- build language
- don't cost a thing!

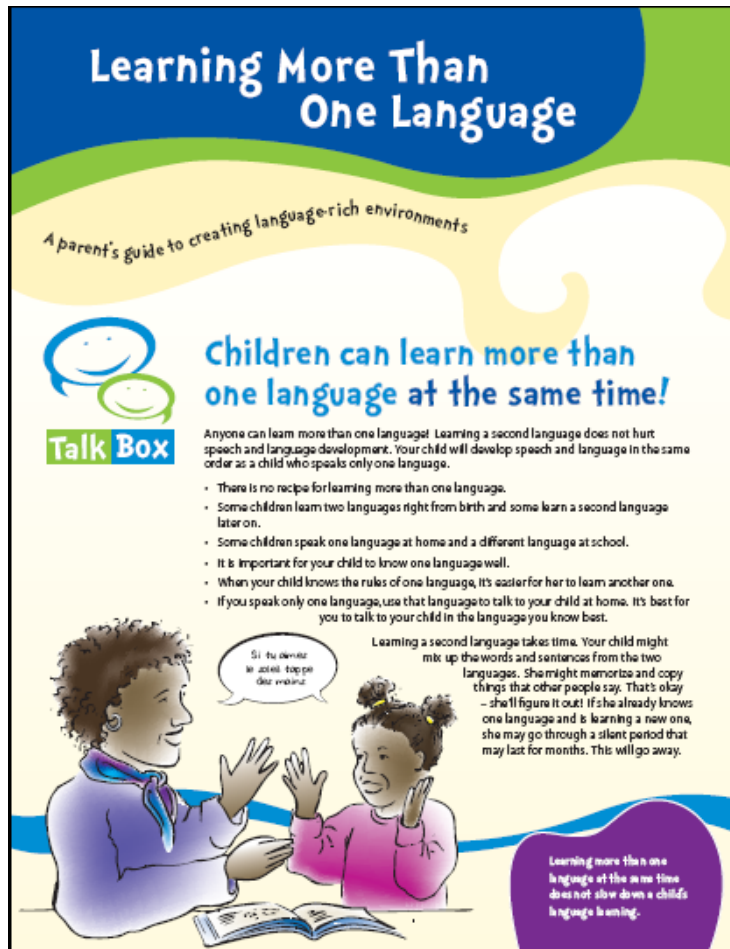
# Resource Lists



Includes suggested:


- books
- DVDs
- videos
- websites

# Special Newsletter on Second Language Learning



## Learning More Than One Language

A parent's guide to creating language-rich environments



### Children can learn more than one language at the same time!

**Talk Box**

Anyone can learn more than one language! Learning a second language does not hurt speech and language development. Your child will develop speech and language in the same order as a child who speaks only one language.

- There is no recipe for learning more than one language.
- Some children learn two languages right from birth and some learn a second language later on.
- Some children speak one language at home and a different language at school.
- It is important for your child to know one language well.
- When your child knows the rules of one language, it's easier for her to learn another one.
- If you speak only one language, use that language to talk to your child at home. It's best for you to talk to your child in the language you know best.

Learning a second language takes time. Your child might mix up the words and sentences from the two languages. She might memorize and copy things that other people say. That's okay – she'll figure it out! If she already knows one language and is learning a new one, she may go through a silent period that may last for months. This will go away.

Si tu devais le dire à tout le monde, dis-le.

Learning more than one language at the same time does not slow down a child's language learning.

Children need opportunities to speak and listen in their family's first language.

# Referral Information

## Where To Get Help



Are you concerned about your child's speech and language development? Speech-language pathologists can help. To find one in your area...

- call your local health unit
- call Health Link Alberta :
  - Calgary area: 403-943-LINK (5465)
  - Edmonton area: 780-408-LINK (5465)
  - Toll free: 1-866-408-LINK (5465)
- go to [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)


© 2007, Capital Health and Calgary Health Region



**Talk Box**

For more  
Talk Box ideas go to  
[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

 **Capital Health**  
EDMONTON AREA

 calgary health region



materials are available  
for downloading at

[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)