

A Week of
**Language-
Boosting** Activities
for
Toddlers



Victoria Ang-Nolasco, MD

Author of "Toddler Talking: Boost Your
Child's Language and Brain Development
in Three Easy Steps"

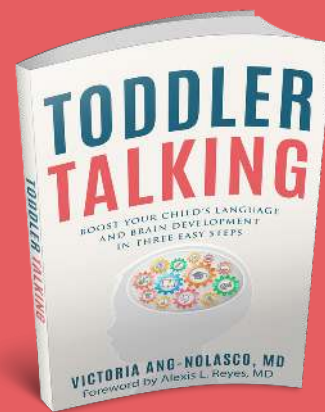
In this guide, you'll get simple but powerful research-proven activities that will help you build your child's language skills.

None of them need any preparation or materials other than what you already have in your house. Why use your precious time with activity prep, when you can go straight to the good and fun part?

Because babies and toddlers learn language only during interactions with other people, all the activities in this guide need the participation of a parent, caregiver, or another person (like an older sibling!). If you're looking for ideas for both independent and interactive play, go to effectivemommy.com/play.

Although I've assigned activities to specific days of the week, these are great activities to do every day! They're quite flexible, so they never "get old". You can do them over and over again, week after week, and your toddler won't get tired of them. If anything, you'll see how the activities take on a new life of their own once your child's language skills start blossoming!

My book, "Toddler Talking: Boost Your Child's Language and Brain Development in Three Easy Steps", goes into much more detail about building language skills during the baby and toddler years. Get it at toddler-talking.com.



I'd love to hear your stories of how you're using this guide! Email me at victoria@effectivemommy.com.

Dr. Victoria

Developmental and Behavioral
Pediatrician and Positive Parenting
Coach

Everyday

#1

When it comes to language development, the most important activity is conversations with other people - even for babies and toddlers who aren't talking yet.

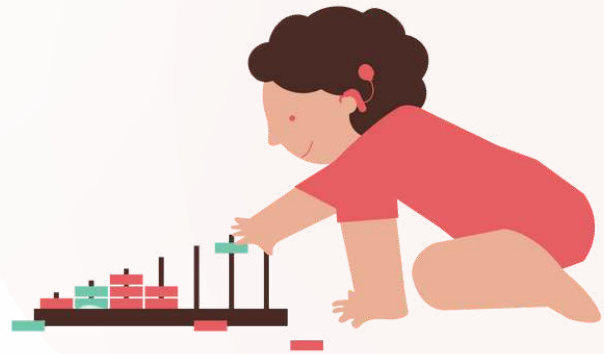
So talk with your child about what is happening. You can do this with any activity or with any part of the routine. For example, during bath time, name the body parts. ("I'm putting soap on your tummy!")

#2

Your toddler will naturally point to many things around that interest him. When he does, look at the thing, then look at him. Comment on it. For example, if he points to a dog, say, "Yes, that's a big brown dog! Our neighbor is walking the dog."

#3

At the end of the day, ask your child, "What did we do today?" Or, "What was your favorite part of the day?" Let her respond. Whether or not her answer was clear, comment on what she says. You can also recount what you did together.



Tip:

At this age, your child may talk about things that didn't really happen that day, or things that you did the day before. That's okay! You can respond by saying something like, "Oh yes, we went to the park yesterday."

Note:

Note: We often think that learning happens only when we set aside time to "do activities". But that's not the case! Toddlers are learning all the time, whether we realize it or not.

This is good news for busy parents! This means we don't need to stress over having a "lesson plan" or prepared learning activities. We can build language skills as part of what we're already doing anyway.

Monday

Read a picture book with your child. You can do reading time in many ways.

- Read the story while pointing to the pictures.
- Tell the story in your own words (or make up your own story!) from the pictures.
- Ask your child to point to or name things in the pictures.

This is also a great activity to do everyday!

I did it!



My thoughts:

Tuesday

Look through your family photos. Ask your child to point to or name the people in the photos. Describe what is happening in the photos. (“That’s you playing with your cousin Jan!”) Then pause, and allow your child to respond - even if the words aren’t clear yet.

I did it!



My thoughts:

Wednesday

Recite or sing nursery rhymes. If your child is very familiar with some of them, try asking him to complete some of the lines. (ex. “Humpty Dumpty sat on the...?” and give him time to add, “Wall!” If he doesn’t, go ahead and complete it.)

I did it!



My thoughts:

Thursday

Sing action songs like:

- The Wheels on the Bus
- Open Shut Them
- Head, Shoulders, Knees, and Toes
- The Ants Go Marching
- This Little Piggy

Each action song is already an activity in itself!

I did it!



My thoughts:

Friday

Play “Bring Me”. Start with common objects such as a ball, spoon, car, doll, or book. Later on, your child will bring things to you on her own. When she does, name them (and she may also name them on her own too!).

I did it!



My thoughts:

Saturday

Spend at least ten minutes just sitting beside your child as he plays. Let him show you what he's doing. Comment on it. ("You made the blocks into a tower!") If he asks you to join in - whether by looking at you, getting your hand, or saying, "Let's play!" - join in and have fun!

One of the questions parents often ask is what they should be teaching their child during the toddler years to prepare them for school. At this age, teaching and learning are best done through play. By playing with your child, not only are you boosting language skills, but you also help her learn thinking skills and how to get along with others.

I did it!



My thoughts:

Sunday

Have a conversation as you're eating together. Talk about the food, the weather, anything! If you're having a meal with family, and you're having a conversation with others, try to include your child at some point. ("Now, wasn't that a great thing grandma just said!") If your child tries to say something, listen and respond as well.

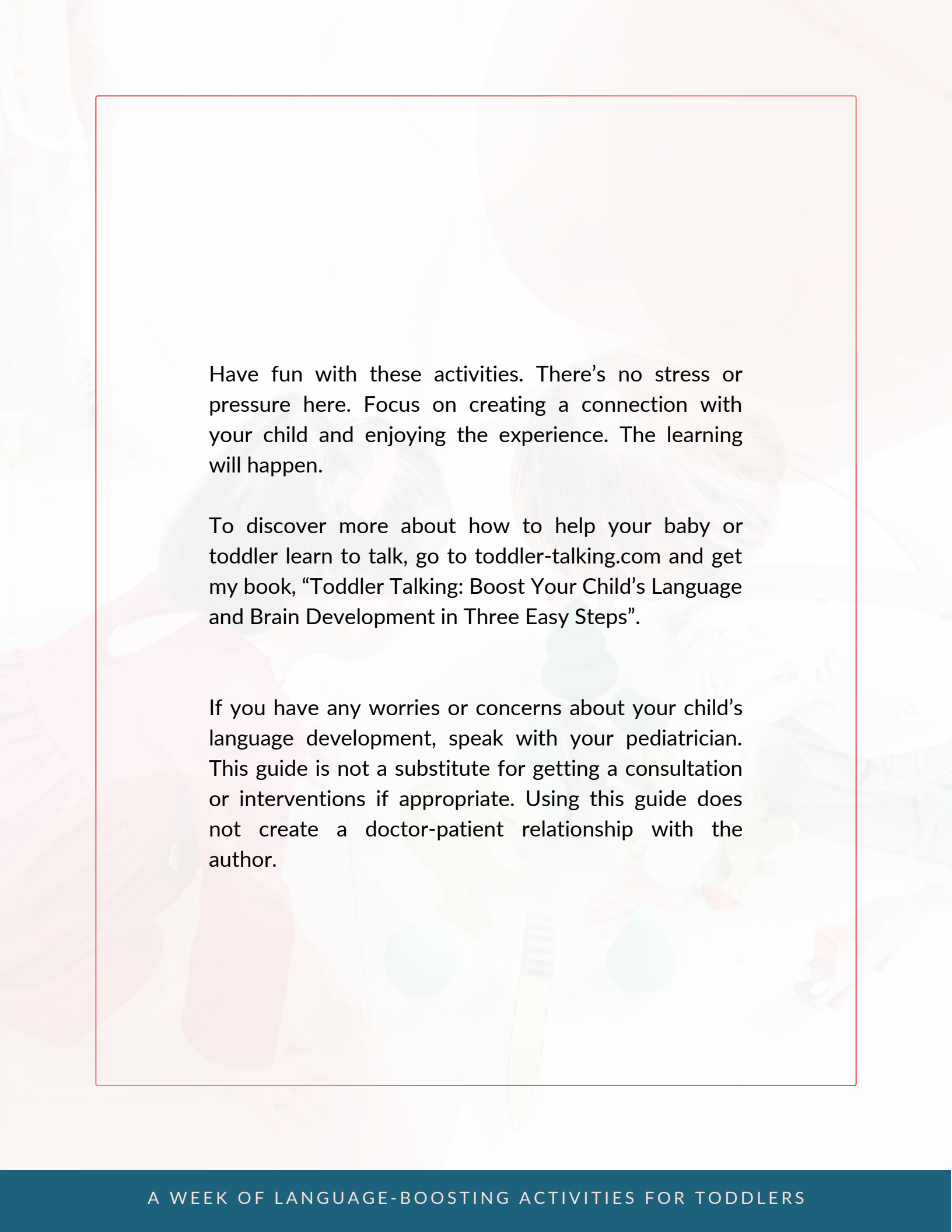
But how do I have a conversation with a child who's not talking clearly?!

If your child tries to talk but the words aren't clear, pause and listen. Then try to say it back in a clearer way, and expound on what your child says. Do this in a fun and natural way. Then see what happens. Many parents have told me how they're so delighted by how their kids responded!

I did it!



My thoughts:



Have fun with these activities. There's no stress or pressure here. Focus on creating a connection with your child and enjoying the experience. The learning will happen.

To discover more about how to help your baby or toddler learn to talk, go to toddler-talking.com and get my book, "Toddler Talking: Boost Your Child's Language and Brain Development in Three Easy Steps".

If you have any worries or concerns about your child's language development, speak with your pediatrician. This guide is not a substitute for getting a consultation or interventions if appropriate. Using this guide does not create a doctor-patient relationship with the author.