



Speech Therapy Activities at Home

Fun, Evidence-Based Strategies for Every Age

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1 Building Blocks (6–18 Months)

You don't need to be a speech therapist to support your child's communication! Aim for 10–15 minutes of focused language time per day, woven into meals, bath time, play, and reading. The golden rule: follow your child's lead.

Narrate Everything

Describe what your baby is doing, seeing, and feeling throughout the day. Babies learn language by hearing words paired with actions and objects.

Pause and Wait

After saying something, pause for 5–10 seconds. Look at your child expectantly. Give them time to respond, even if it's a sound, gesture, or look.

Imitate Your Baby

Copy your baby's sounds, facial expressions, and gestures — then add to them. Imitation validates their communication and models the next step.

Sing Songs with Gestures

Singing slows down language, makes words predictable, and adds rhythm. Sing the same songs repeatedly — familiarity builds anticipation.

Offer Choices

Instead of yes/no questions, hold up two items: "Do you want MILK or WATER?" Choices give your child a reason to communicate.



2 Expanding Language (18mo–5yr)



Expand What They Say

Take your child's one-word utterance and expand it into a short phrase. Child: "Car!" → You: "Big car! The car is driving fast!"



Create Communication Temptations

Set up situations where your child NEEDS to communicate. Put a favorite toy in a container they can't open — they need to ask for help.



Read Interactively

Don't just read the words. Point to pictures, ask questions, connect to life. Let them turn pages, point, and "read" to you.



Ask Open-Ended Questions

Move beyond yes/no. Instead of "Did you have fun?" try "What was the best part of your day?" This builds thinking and longer answers.



Be a Language Model, Not a Tester

The goal is conversation, not quizzing. Instead of "What color is this?" try: "Wow, look at that big gray elephant! I wonder where he's going!"

Pro Tip from Our Therapists

Children need to hear a word 50–100+ times before they use it.
Repetition is not boring — it's essential. Re-read favorite books over and over.





3 When to Seek Help

Contact a speech-language pathologist if your child shows any of these signs:

- ! By 12 months: doesn't babble or use gestures (pointing, waving)
- ! By 18 months: prefers gestures over words, fewer than 6 words
- ! By 24 months: doesn't use 2-word phrases, fewer than 50 words
- ! By 3 years: difficult for familiar people to understand
- ! By 4 years: difficult for strangers to understand
- ! At any age: loses language skills they once had

4 Daily Language Opportunities

Morning Routine

Body parts during dressing, food words at breakfast, action words for getting ready.

Mealtimes

Food names, requesting "more" or "all done," describing taste and texture together.

Bath Time

Body parts, action words (splash, pour, wash), temperature words (hot, cold, warm).

Playtime

Toy names, action words, requesting, turn-taking language, and pretend play.



Get Started

We're Here to Help

Book a free 15-minute phone consultation with an experienced speech-language pathologist.

(630) 965-1232 | noorpediatrictherapy.com/get-started