

# Slow Down & Simplify Worksheet

This sheet is a summary about the strategy of **'Slow Down & Simplify'** and why it's effective for improving your little one's language development.

## 1 What is slowing down and simplifying?

Slowing down and simplifying is all about speaking to your child in shorter, slower, and grammatically correct sentences. This means using sentences that are slightly longer than what your little currently uses, maintaining proper grammar, and emphasizing key words with your tone of voice. This approach makes it easier for your child to understand and learn new words by processing speech more effectively.

## 2 Why is it effective for improving communication skills?

Slowing down and simplifying what you say is effective because it helps your child understand and learn language more easily. Slower speech gives your child more time to process what you're saying, while shorter sentences make it easier for them to grasp the meaning. Using proper grammar provides clear examples of how words are used, aiding their language development. Emphasizing key words with your tone of voice highlights important vocabulary, making it more likely your child will notice and remember these words. This combined approach supports your child's ability to learn new words and improve their overall communication skills.

# How to Slow Down & Simplify

## 1 Observe your current speech

Listen to how you currently speak to your child. Notice the length and speed of your sentences.

## 2 Use shorter sentences

Reduce the length of your sentences. Aim to use sentences that are just a bit longer than what your child currently uses. For example, if your child speaks in one-word sentences, use 2-3 word sentences.

## 3 Use proper grammar

Ensure your shortened sentences still use correct grammar. Speak in a way you would to an adult but keep it simple. For example, say "Let's tidy your room" instead of "Tidy room now."

## 4 Emphasize key words

Stress important words in your sentences using a different tone of voice or by saying them louder. For example, "The rocket goes hiiiiigh."

## 5 Slow down your speech

Speak at a slower pace than usual, but maintain the natural rhythm of your sentences. This gives your child more time to process each word and understand the message.

# How to Slow Down & Simplify

## Play Time

This is an example of how to slow down and simplify with a child who is a babbler (not yet using words) during playtime. In this example, you and your child are both playing with blocks.

## Use Shorter Sentences

Dont...	Do...
Speak in really long and complex sentences e.g. "lets now build a really big tower out of these blocks"	Speak in short and simple phrases e.g "building blocks"

## Use Proper Grammar

In the babbler stage we are focusing less on proper grammar as the language we are modelling is only single words or 2-3 word phrases.

## Emphasize Key Words

Dont...	Do...
Dont use the same tone of voice across the entire sentence.	Place more emphasis on the key word your are modelling e.g when building a block tower you can emphasize the word "on" by changing your tone of voice. e.g "block, on" or "block on top"

## Slow Down Your Speech

Dont...	Do...
Speak really fast and long sentences.	Slow down your rate of speech and pause between phrases.

# How to Slow Down & Simplify

## Groceries

This is an example of how to slow down and simplify with a child who is at the word combining stage (using 2+ word sentences). In this example, you and your child are grocery shopping.

## Use Shorter Sentences

Dont...	Do...
Speak in really long and complex sentences e.g. "I'm getting a bag and putting the red juicy apples into the plastic bag, we will have these apples for morning tea tomorrow"	Speak in short and simple phrases about what you or your child is doing e.g. "I'm putting the red apples in the bag", or "red apples in the bag"

## Use Proper Grammar

Dont...	Do...
Reduce your sentences so much that they don't make sense or are modelling incorrect grammar. e.g. apples goes in bag.	Do shorten your sentences while maintaining correct grammar e.g. apples in the bag.

## Emphasize Key Words

Dont...	Do...
Dont use the same tone of voice across the entire sentence.	Place more emphasis on the key word you are modelling e.g. when putting the apples in the bag you could emphasize the word 'in' e.g. "apples in the bag"

## Slow Down Your Speech

Dont...	Do...
Speak really fast and long sentences.	Slow down your rate of speech and pause between phrases.