

# POP AND SAY

It can be worrying when your child understands what's being said, clearly wants to communicate, and uses gestures or facial expressions, but finds it difficult to say words. Some children may mostly use vowel sounds like oo, ee, or ah, and struggle to add in other sounds. This can make it hard for others to understand them, even when they have a lot they want to say.

A good place to start is by helping your child try simple sounds made with the lips such as /p/, /b/ and /m/. These sounds are easier to see and copy because they use the lips, which your child can watch and may therefore be more likely to try to imitate.



## EQUIPMENT

You will need:

- Bubbles (a wand or bubble machine)
- Balloons (blown up by you, not tied – so they can be released)

## OTHER WAYS TO PLAY

### Push and Say

You will need something to push:

- toy poppers, squishy toys, buttons, or even pushing items through a hole in a box.
- Every time something is pushed or dropped, model a word like: “pop!”, “poo!”, “boo!”, “beep!”, “bye”, “more?”

### Bag of Sounds

You will need small bag or box.

- 5–8 simple toys or objects that match your chosen words
- (e.g. ball, baby doll, bubbles, picture of food for “mmmm”, sock for “poo”, cow for “moo”)
- Take an item out of the bag and name it and then add the focus sounds. E.g. hold sock up to your nose and say “poo!”

## HOW TO PLAY

In this game, you just need a few resources and lots of opportunities to practice the focus words - bubble, pop, bye, more, beep, boo.

ell your child: “We’re going to pop bubbles and balloons and say some fun words as we play”

### Use Bubbles First

Blow bubbles and say the word “bubble” as they appear. Pop bubbles and say “pop” or “beep” each time.

Before blowing more, pause and say “more?” to encourage your child to request again.

### Switch to Balloons:

Blow up a balloon slowly and build excitement. you can also say “boo” behind the big balloon as it grows to cover your face. Then let it go and watch it fly, saying “bye!” as it zooms away. You can also ask “more?” before blowing up another one.

### Encourage Repetition

Model each word clearly and with expression. Pause and give your child a chance to copy or attempt the word. Praise all efforts.