

## Children's Speech and Language Therapy Special Time

### What is special time?

Special time is time spent playing with your child. Special Time is when our child leads the activity, and we join in. It gives opportunities for us to help our child's speech and language development.

### How do we do Special Time?

- Special Time lasts for 5 minutes only.
- Let your child to choose an activity, toy or game. This should not be reading a book, using a computer, tablet, electronic game, watching TV or lively outdoor games.



- Find a quiet room where you can play with your child on their own. Turn off the TV/ music/ radio.
- Play with your child for 5 minutes. Join in with what they choose to do rather than you leading the play.
- Think about your own talking. Try slightly slowing your own talking, pausing, using simple language. Try using a comment and asking fewer questions.
- At the end of the 5 minutes, record what happened on the special time sheet. Think about anything you noticed when your child communicated with you.
  - Did they use gesture like pointing or tapping you?
  - Did they look at you to communicate?
  - Did they make any sounds or words?Think about what you did when playing.
  - Did you notice what your child was interested in and join in?
  - How did it feel to ask fewer questions?
  - Anything else you noticed?
- Find a regular time to do Special Time. It helps if it is part of your routine.

You can also watch our [Early language special time video](#)

With all of us in mind.

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)

The content of this document is the property of swyt and is supplied in confidence.

No part of this document or its content shall be reproduced, published or disclosed to a third party without prior written permission of swyt