



FACILITATING DEVELOPMENT OF LANGUAGE

BETWEEN 2 AND 3 YEARS



WHAT DO I UNDERSTAND?

- I follow compound instructions like "Take off your coat and put on your sneakers."
- I understand opposite words like open-close; big-small; up-down,...
- I understand words quickly new.

HOW DO I EXPRESS MYSELF?

- I use words to name familiar people, places, things, and actions. Between 24 and 36 months, vocabulary growth progresses at an extraordinary pace. I can go from 200-300 words to 1000.
- I combine two words and simple sentences of three or more to ask for things and talk about them.
- I ask questions like what is it?, where is it?, who is it?
- I talk when I play and, for example, I imitate animal sounds, car horns, etc.
- I talk about things that are not in the same room.
- I use words like in, into, and under.
- I use pronouns like I, you, mine, yours.
- People who are not in my usual environment understand what I say.

IN BILINGUAL SITUATIONS

Always give me the correct model of each language:

- Communicate with me in the language in which you feel most comfortable, in which you can be most affectionate and communicative.
- Avoid "half-talking" by mixing words and structures from two languages at the same time.

WHEN SHOULD YOU WORRY?



Girls and boys can develop speech and language skills at different rates; however, we follow a natural evolution or schedule that should be taken into account to detect difficulties.

During this period you should worry if:

- I frequently have otitis.
- I don't understand simple orders.
- At 24 months I say less than 50 words that are intelligible to my family environment or I do not combine two words to form a statement.
- There has been a stagnation or delay in my language development.
- People around me don't understand my speech.



WHO TO ASK FOR HELP?

If you have any concerns about my hearing, my language or the way I pronounce words, you can ask for help at:

- Pediatrics at your Health Center
- Nursery School
- Early Intervention Service (SAT)



WHAT DO I NEED FROM YOU?

Communication with another person or people is the basis on which language can be built and learned. Joint action, **interaction** and strategies such as **imitation** and **expansion** are the basic mechanisms that govern language acquisition. Therefore:

- **Identify my interests:** motivating objects and situations that promote interaction.
- **Take advantage of my initiatives**, listening to them and responding appropriately, always **offering me a correct model, expanding and reorganizing my expressions**. "Mine car!", "Yes, it's mom's car."
- **Talk to me a lot:** putting words to what we do, to what they do, anticipating what we are going to do, summarizing what we have done,...
- **Listen to me actively:** give value to what I tell you. It is as important to have things to tell as it is to have someone to tell them to.
- **Take advantage of everyday moments** such as bathing, dressing or eating to highlight the vocabulary specific to these situations, **establish conversations and strengthen emotional ties**.
- **Share my games and everyday tasks:** setting the table, cooking, shopping, etc. and explain to me why things happen and why they are done.
- **Use verbal commands to justify** the appropriateness of acting in a certain way. Let it not be just the action that regulates my behavior (holding my hand, touching me, holding me, etc.).
- **Play with language:** teach me riddles, songs, rhymes,...
- **Visit public libraries** with me and let's spend some time looking at stories.
- Have books at home and at school **on hand** for your child to grab.
- **Reserve at least 15 minutes a day to tell me stories** or look at picture or photo books, naming what you see and what you do.

Shared reading helps me:

- **Increase vocabulary.** It is important to name what is shown, ask me questions about the story and have you respond to my questions and observations.
 - **Gain knowledge about the world and people.** Connecting the stories told with experiences from my real life.
 - **Understanding how books are used and what reading is.** By pointing to the illustrations and words you will see that I am beginning to connect them.
 - **Enrich my imagination.**
 - **Enjoy a pleasant experience** that we will always remember.
 - **Develop a positive attitude towards reading.**
- Create unique and affectionate intimate moments.

WHAT DO YOU HAVE TO AVOID?

- Use a **bottle or eat purees regularly**. Chewing helps with joint function.
- Using a **pacifier or sucking my thumb** (with worse consequences). This increases the risk of otitis, influences the deformation of the oral cavity, the position of the tongue, the correct dental bite and the production of intelligible oral messages.
- That I have **poor nasal hygiene**. It is important that you teach me to clean my mucus properly. Natural breathing is nasal breathing.
- Moments of **interaction with distractions** such as cell phones, television or other background noises at mealtimes, playtime, etc.
- **Speak for me** and, even if you assume you know my wants and needs, don't ask me. When I ask for something with my finger or gestures, encourage me to express it verbally, giving options or asking questions: "What do you want?" "Do you want the car or the ball?"
- **Talking too fast and not giving me time to respond.**
- **Ignoring that your body also communicates.** It is important to have coherence between what your body communicates and what your words say.
- **Not following recommendations on screen use** (educate me about the digital world too):
 - The Spanish Association of Pediatrics (AEP) indicates that **before the age of 6 you should not expose me to screens** (smartphone, tablet, computer, television, smartwatch,...).
 - As an exception, we could use technology for social contact with a specific objective (e.g. talking to a family member or close person who is far away, who congratulates me, sings to me or tells me a story,...) and **always under your supervision** (being present and actively participating, encouraging interaction and providing language).
 - **You shouldn't use screens as a resource to distract me, avoid tantrums, or as a reward** for something I've done well.
 - **I will imitate you.** For me, in this, what I see you do is more important than what you say.