

# MAKING THE MOST OUT OF SPEECH AND LANGUAGE APPOINTMENTS

With Speech and Language Therapy waiting lists getting longer and with the services on offer becoming more limited, it's really important to get the most out of your appointment with your child's Speech and Language Therapist.

It's so important to not let your appointment go as the wait for another one may be long or your child may be discharged for not attending. If you can't make the date/time try and rearrange it.

Take your child's favourite toy with you so they have something familiar to play with as this will help them feel confident to engage with the therapist.

If you can video your child and how they communicate this can be really helpful for the therapist to watch especially as they may not get to see them at home/nursery/school.

If you have lots of thoughts, concerns, examples and questions in your mind, try writing them down and bringing notes to the appointment, the therapist will find this helpful and you won't forget to mention something important.

Ask your therapist to provide you with advice, activities and games you can do at home to support your child's development whilst they are on the waiting list for further support.

When in the appointment, try not to help your child if they are struggling with a task as the therapist needs a true picture of their skills. Instead, join the therapist in giving your child lots of praise for their efforts and participation so they feel successful and confident.

Try to make the session as fun as possible, join in with the play activities and help your child feel relaxed. They are more likely to be happy to come back if it was a relaxed and positive experience for them.

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