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7 Days to More Words

An Action Plan for
Parents of Late Talkers

Little
talkers

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How to Use This Guide

Think of this as your first step to putting on your "speech therapy goggles." Every little moment — getting dressed, snack time, playing with toys — becomes a chance to build language when you know what to look for.

Pick one strategy each day, keep it simple, and have fun with it. It's not about doing it perfectly — it's about making connection and communication part of your everyday life.



Day 1: Self-Talk

Why it matters:

When your child hears you narrate your actions, it helps them connect words with meaning—even if they're not talking yet.

Try this:

While getting dressed, say: "Shirt on. One arm... two arms. Zip! All done."

Boost Tip:

Keep it short and simple—just a few words at a time is perfect.

Day 2: Parallel Talk

Why it matters:

You become their voice by describing their actions. This builds language through shared attention and connection.

Try this:

While playing: "You're driving the car. Zoom! Crash! You made it go fast."

Boost Tip:

Don't ask too many questions—just talk like a sportscaster narrating their moves.



Day 3: Wait Time

Why it matters:

Giving your child a few extra seconds gives them space to respond with a word, gesture, or sound.

Try this:

Say: “Ready, set...” then pause and wait for them to say “go!”

Boost Tip:

Count to 10 in your head before jumping in. It might feel awkward, but it’s powerful!

Day 4: Use Core Words

Why it matters:

Core words are simple, flexible words that show up across routines and activities. They’re great for building early vocabulary.

Try this:

During snack time, model words like: “More,” “help,” “eat,” “all done.”

Boost Tip:

Repeat the same word several times during the day—it helps it stick.



Day 5: Create a Problem

Why it matters:

When things don't go as expected, your child is more likely to communicate—by looking at you, pointing, or trying a word.

Try this:

Give them a water cup with no water. When they look at you or gesture, say: “Uh-oh! There’s no water!. Let me pour some water!”

Boost Tip:

Look confused or pause before solving the problem—it invites them to respond.

Day 6: Auditory Closure

Why it matters:

This encourages your child to “fill in the blank” and take a turn.

Try this:

Say: “Twinkle, twinkle, little...” and pause to see if they say “star!”

Boost Tip:

Use songs or phrases they already know. Make your voice sound expectant to encourage a response.

Day 7: Read Differently

Why it matters:

Books are amazing for language, especially when they're interactive.

Try this:

Point to a picture and say: "Dog! Ruff ruff. Big dog. He's running!" Ask: "Where's the ball?" then wait.

Boost Tip:

Use the same 2–3 books over and over. Repetition helps language grow.



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You're Amazing — Thank You!

Thank you so much for letting me be a part of your journey! I created this guide to give you simple, doable ways to boost your child's communication — starting today.

Next Steps

If this guide helped you, I'd love for you to stick around! Follow @littletalkers for even more easy tips and encouragement. Say "Hi" in DM's, I would love to answer any questions you may have. You're doing so *much* just by being here — and I'm cheering you on every step of the way!

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