

SpeakEasy Sandbox #45: Summer Treat

Preverbal

Activity: Lick a summer treat together. Exaggerate how you stick your tongue out far and, "Illlick, Illlick, Illlick!" As you lick, use words that will help your child become more aware of their tongue and how it works. "Look at my TONGUE." "La la la, Illlick!" You may even want to try in front of a mirror so your child gets some visual feedback.

First words

Activity: Have a popsicle chat as you enjoy a summer treat together. Let the juice run down your child's face and tell them about where you see popsicle. "**I see popsicle on your NOSE. Popsicle on your HANDS. There's even popsicle on your TUMMY!**"

To reduce any worry about the mess, stick your child in their bathing suit and eat outside. Head straight into a water activity like a hose sprinkler for easy cleanup.

Word combiner

Activity: Make your own summer treats. Get out a few popsicle ingredients to put into a popsicle mold or paper cup.

Offer your child ingredient choices: "**Do you want apple juice or lemon yogurt?**" Show each ingredient as you name it. You can make these with as little as one ingredient, or mix in a few for more delicious flavors, and of course more talking opportunities!

Full sentences

Activity: Make a popsicle recipe with your child. Show a few ingredient options and give an example to start: "**I'm making a popsicle with apple juice, yogurt, and apple pieces.**"

Go through each step: "**First we'll add some apple juice...what was the next ingredient?**" Once your popsicles are frozen, see if your child can remember each recipe as you eat together.

SpeakEasy Tip

When making popsicles, waiting can be hard! Say, "**Bye, popsicles. See you soon!**" as you put them in the freezer.

Then set a timer and check on your popsicles together in a few hours.

*The SpeakEasy Sandbox is a newsletter that provides the necessary tools to boost your child's speech and language development at home. **PLUS, find even more summer activities on our new app!** Sign up at speakeasycommunity.com.*