



**AUGMENTATIVE & ALTERNATIVE
COMMUNICATION**

Helping Your Child Communicate at Home

STRATEGY 1

Treat Every Action as Speech

Treat every grunt, pull, or gesture as intentional communication. If your child pulls your hand or points to the fridge, respond to it immediately with words.

TRY THIS TODAY:

When they point at juice, say out loud: *"Ah, you want juice!"*
This teaches them that trying to communicate gets results.



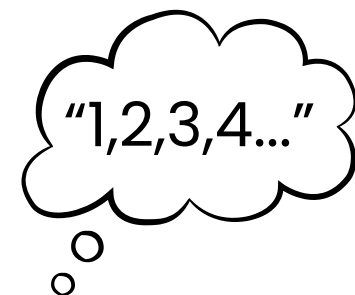
STRATEGY 2

Master the "10-Second Wait Rule"

Some children need extra time to process what they hear and figure out how to respond. Ask a question or offer a choice and wait patiently.

TRY THIS TODAY:

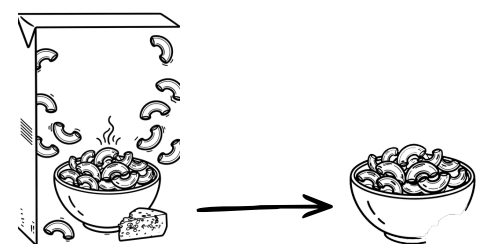
Ask *"Do you want a cookie or a cracker?"* then count silently to 10 in your head without speaking or stepping in. Give them time to respond!



STRATEGY 3

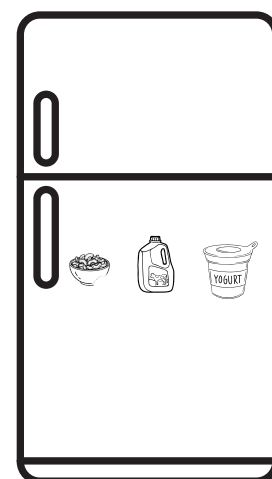
Use Simple Picture Cards

If speaking is hard, pictures bridge the gap! Cut out pictures from store flyers, food packages, or draw simple sketches.



TRY THIS TODAY:

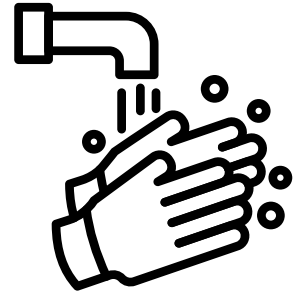
Attach pictures of food and drinks on the fridge. You will use the pictures yourself as an example for your child. Point to the picture of the item before you take it and say *"I want some water"*. Ask your child to show you what they want using the pictures.



STRATEGY 4

Narrate Your Daily Activities

Turn every day routines into a live commentary. Use short, simple, and repetitive words while doing household activities so your child connects words to actions.



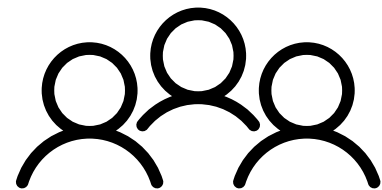
TRY THIS TODAY:

While washing hands, say: "First we turn on the water. Now let's get soap. Wash, Wash, Wash. The water feels warm. All clean." Keep sentences brief and fun.

STRATEGY 5

Connect with Local & Virtual Support Networks

You are not alone. Local resources and online guidance are available to help coach you.



LOCAL RESOURCES:

SPECIAL SERVICES UNIT (MINISTRY OF EDUCATION, BAHAMAS)

EEO BAHAMAS eeobahamas.org

Keep this guide handy at home as a daily reminder.

Remember: You are your child's best teacher.
Small steps every day lead to big progress!