

AAC AT HOME: A CAREGIVER'S GUIDE

How to Introduce AAC:

Model Without Pressure

- Use the AAC system yourself while talking to your child
- No need for them to respond – just show them how it works!
- E.g., During snack time, model words like 'eat', 'more', 'open', 'like', 'all done'

Start with Core Words

- Core words (like 'go', 'want', 'help', and 'more') are used in everyday speech
- Rather than teaching just teaching nouns, focus on words they can combine and use in a variety of contexts (e.g., 'want more' instead of just 'cookie')

Encourage, But Don't Force

- Respond positively to any communication attempt
- Frequently pause and give them time to respond
- Avoid taking their hand activating the device for them

Expand Their Message

- If they say 'go', expand it: 'Go fast!' or 'Go outside!'
- Help them see that AAC is more than just requests – use it to comment, ask, and express feelings

Troubleshooting Common Challenges

- '*They don't use it.*' – Keep modeling! It can take time.
- '*They just play with it.*' – That's learning! Show them how to use it in real situations.
- '*They only use a few words.*' – Encourage new words by modeling, but let them lead.



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