

# Following Instructions

Children with language delay may find understanding and following instructions difficult. When giving instructions remember the following 4 key points:

1. Short sentences
2. Use signs
3. Go slow
4. Repeat

Always help your child complete an instruction if they can't do it on their own.

## Ideas for home

- ◆ Rather than rushing in and doing things for your child, give them verbal instructions with visual cues to help them complete tasks.

Everyday activities that involve instructions include:

- getting dressed
- getting ready for kinder/crèche
- brushing teeth
- helping to hang out the washing
- cooking activities
- simple games such as *Beetle*, *Buckaroo*, *Pop-up Pirate* or *Mr Potato Head*
- hide and seek

- ◆ It's important for your child to learn how to give instructions too. Encourage this by using phrases such as 'What should I do?'

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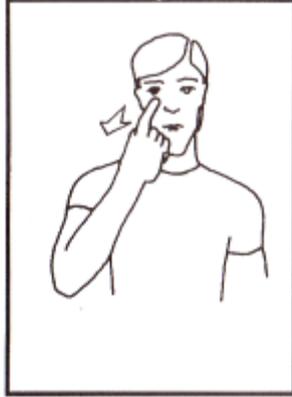
## Key-word Signs

Using signs aids understanding by giving your child a visual cue. Remember to get your child's attention before you speak to them.

- Always say the word you are signing
- Only sign key-words
- Use signs all the time



**TO HELP** - Place dominant hand into non-dominant hand, palms together - move formation forward.



**TO SEE/LOOK** - Move dominant index finger forward from eye.



**TO SIT** - Place open dominant hand on back of non-dominant hand and move formation down slightly.



**TO STOP** - Move open dominant hand forward from shoulder height.

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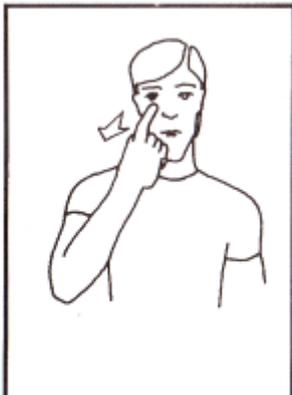
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