

## PATIENT INFORMATION

# Interaction Strategy: Slow Down and Pause

## Speech and Language Therapy Factsheet

I slow down and leave pauses when I am playing and communicating with my child.

### How does this strategy help?

- It helps my child to play and communicate at his own pace, without feeling the pressure to keep up with somebody else.
- It encourages my child to take a turn in the interaction.
- It helps me to follow my child's focus of attention and say the words that are important to him at the time.
- It helps my child to listen to my words.
- It gives my child time to respond to my actions and words.

### What should I do?

- Give my child plenty of time to explore and communicate at his own pace.
- Avoid always filling in the pauses in my child's play with my own play actions.
- Avoid always filling the silence with words during play.
- Speak slowly enough for my child to understand me.
- Say something short, and then pause and wait for my child to take a turn in the play or interaction.

[www.childrenandfamilyhealthdevon.nhs.uk](http://www.childrenandfamilyhealthdevon.nhs.uk)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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