

## First Words: Up

**Why?** - Up is an easy word to say and there are lots of opportunities to use it in everyday life. That makes it easy word to target for one of your child's first words.

**When?** - Whenever the opportunity arises. There are specific activities below, but just try to take opportunities as they occur in everyday life and play.



- Say the word "up" as you go up each step. Pause and see if your child will join in.
- Bounce your child up and down or lift them high in the air. Pause and look at your child, then say "up" and lift them up again. Then pause a bit longer and see if your child will ask for you to do it again by saying "up".
- Throw a ball with your child. Say "up" and throw it up in the air. Catch it again, make sure your child is watching and engaged, then say "up" and throw it up in the air again.
- Blow bubbles with your child. Blow them up into the air and say "up". Pause and see if they will say "up" to get you to blow again. Keep saying the word as you blow the bubbles high.

### Top Tips

- Make sure you pause each time and give your child a chance to communicate.
- Try to get eye contact with your child. Get down on the floor with them and make sure you're at the same level. Wait for eye contact. You could bring the toy you're playing up to your face to encourage this.
- Accept any attempt at communication to start with. Don't tell them it's wrong, but just say the right word afterwards for them to hear.
- After a while, if they are still not vocalising, you could try saying "u" and see if they can copy or finish the word.
- Stop when your child gets bored and try again another day.