If you are unsure of what to recommend to a family, please contact the speech and language therapist for your area who would be happy to discuss this with you. If you are unsure who the therapist is for your area, please make contact.

**Cambridgeshire**

**Tel:** 0300 029 5050  
**Website:**  

**Peterborough**

**Tel:** 0300 555 5965  
**Website:**  
https://www.cpft.nhs.uk/training/peterborough-childrens-SALT.htm

**Find us on Social Media:**  
@CambsPboroCYP   #SALTcambsPboro

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**Cambridgeshire & Peterborough Speech and Language Therapy**

How to get advice in the early years
The following information is to be used as a guide for supporting parents who have concerns regarding their child’s speech and language development.

“My child is not saying many words”

If the child is aged between 12 months (1 year) and 24 months (2 years):
- Signpost the family to our website. We have a selection of activities and ideas on there (please see back page).
- Advise on strategies to support language development such as:
  - Get down to the child’s level when talking with them
  - Say only 1 or 2 words in a sentence.
  - Repeat the same words lots of times and name things that the child shows an interest in. Repeat that word several times in different ways, e.g. ‘more juice’, ‘juice gone’, ‘lovely juice!’
  - Reduce the amount of questions that you ask and use comments instead e.g. instead of saying ‘what’s that?’ say ‘look, a dog’.
  - Introduce activities to encourage talking – single word naming games (hide and seek, posting, feeling bag, etc.).

If the child is over 24 months (2 years) and is not saying many words:
Follow the above advice but you can also signpost the family to an Early Advice Session with a speech and language therapist. To access a session, please advise parents to fill in a Welcome Questionnaire, which can be found on our website. The completed questionnaire should be emailed to the address specified on the website. Parents will then be contacted by a Speech and Language Therapy Assistant and offered a slot for an Early Advice Session via a video call.

Please do not signpost the family to an Early Advice Session if:
- The child is under 2. Early Advice Sessions are aimed for pre-schoolers (children over 24 months). Please discuss with your therapist if you think a child under 2 years needs to attend a drop-in.
- You have wider concerns for the child, particularly in the area of social interaction.

“My child has started to stutter/stammer”
- Signpost the family to an Early Advice Session.

Useful leaflets to give to parents for under 1’s
- A guide for parents about dummies.
- Tongue Tie.
- Language development - Start talking.

Please Note:
You can find an Early Advice Welcome Questionnaire on our website.

An Early Advice Session provides a 15 minute opportunity for a therapist to discuss speech and language concerns for a child with the family. It is not appropriate to discuss other concerns with the family such as concerns regarding the child’s social interaction or the possibility of needing to complete an early help assessment for the child.

If you identify an EHA needs to be completed for a child, involvement from our speech and language team can be identified and requested as part of this package. The child should not be signposted to an Early Advice Session.