Orthophonie VoxLingue Speech and Language

Printable sheet

Fridge sheet: one strategy per routine, habits to avoid, and when to call

One strategy at a time, in moments you already share. Stick this sheet on the fridge and check off this week's routine.

The six strategies

1 Face to face, at their level · 2 Follow their interest · 3 Wait: it's their turn · 4 Answer every message · 5 Name and describe · 6 Add a word

One strategy per routine

	Routine	Strategy	A sentence to try
☐	**Breakfast**	**Two choices, then wait**	"Milk or water?"
☐	**Getting dressed**	**Name what you're doing**	"One foot, two feet. Socks on!"
☐	**Bath time**	**Copy their sounds**	"Splash! The duck jumps in the water!"
☐	**In the car or on the bus**	**Talk about what you see**	"A bus! It's so big."
☐	**Grocery store**	**Name things, then offer a choice**	"Red apples or green ones?"
☐	**Bedtime**	**Same book, same words**	"Oh, the dog is sleeping! Shh..."

Where is my child now? I answer...

Gestures and sounds
with the word and the gesture

Single words
by adding a word: "Red car!"

Two words
with a short sentence: "Daddy's gone."

Short sentences
by saying it back, without correcting

Instead of... try...

"What's that?"	→	"Oh, a dog! It's running."
"Say it, then you can have it."	→	Say the word yourself, then pause.
Guessing every need	→	Wait for them to ask: a gesture counts.
"No, you say..."	→	Say it back correctly, without pointing out the mistake.
Baby talk	→	Short, complete sentences.
Talking non-stop	→	Leave silences.

When to call, without waiting

- around 18 months, they say few words on their own (OOAQ marker: about 14 words);
- around 24 months, they don't combine two words yet;
- they seem to understand little, or don't point;
- you have doubts about their hearing;
- you're worried.

In Québec: contact your CLSC or ask your doctor (Agir tôt), or see a private speech-language pathologist, no referral needed. **In Ontario:** Preschool Speech and Language Program, no doctor's referral needed.

You can start the strategies and ask for help at the same time.

Sources: Montreal Children's Hospital (MUHC), Learn to Talk and Understand (2022); INSPQ (2023); Naître et grandir (2023, 2024); OOAQ (2022); Québec.ca, Agir tôt (2026); Ontario.ca (2026). General information: this sheet does not replace an assessment.