

Our waiting-list plan

For parents of a child on a speech therapy waiting list in Québec.

Our file

Date of the request _____

CLSC or CIUSSS _____

Contact person and phone _____

File number _____

Check in every 3 to 6 months

Date	What I was told	Change reported

10 to 15 minutes a day

- **Follow their lead:** they choose the game, you play alongside.
- **Wait:** a few seconds of quiet to give them their turn.
- **Add a word:** "car" → "a red car!"
- **Read together:** name what they point at, no need to read every word.
- **Turn off the TV** during meals and play.
- **Speak your language:** two languages don't cause delays.

To do

- ☐ Talk to the educator about what I notice
- ☐ Hearing test with an audiologist
- ☐ Doctor visit; ask about local resources
- ☐ Check our insurance; keep receipts (tax credits)

Our notebook

Date	New words or short phrases	What they understand

Get an assessment without waiting if...

They seem not to understand · use few gestures · have very few words or aren't combining two words by around 2 · seem not to hear well · your worry doesn't go away.

Agir tôt: your CLSC or 811, no referral or diagnosis needed. No family doctor: 811, option 3. General information: this plan does not replace an assessment.