

Children's Speech & Language Therapy Service  
**Looking & Listening – Get Face to Face**

Information for parents and carers



**It helps if your child can see your face when you are talking to them. Why don't you try our top tips...**

1) Sit on the floor or small chair or both on the sofa so you are at the same level as your child



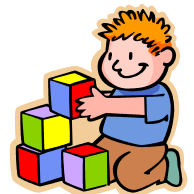
2) Lean forward to gain eye contact

3) Put toys near your face when talking about them

4) Say your child's name and encourage them to look at you



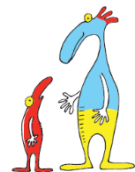
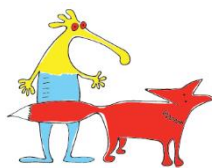
5) Quiet time is a good time to talk and play



6) Turn off any noise and reduce distractions like the TV, radio, mobile, ipad. Try to find a quiet space to play.

7) Some children find it difficult to look at people's faces. Don't make your child look at you if it feels uncomfortable.

For more information visit [www.alderhey.nhs.uk](http://www.alderhey.nhs.uk) or talk to your Speech and Language Therapist.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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