

## Speech and Language Tips

There's lots we can do at home to help children develop their speech and communication skills.

- Sharing books together
- Chatting as part of daily family life – for instance talking to your baby about what you're doing when you're getting them dressed
- Spending time playing together without the TV, radio or phone
- Going for a walk and talking about what you see
- Eating together and chatting at mealtimes



## Other support for a great start in life

This Speech & Language service is part of the wider HENRY Best Start service to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Infant feeding – breast, bottle, or mixed feeding
- Dental health
- Healthy eating and lifestyle

### Get in touch to find out more:

HENRY office: 020 8496 5223 [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



@WFHENRYHealth

[www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

# Speech & Language

Everyone wants their child to be able to talk and communicate well, but it can be hard to know exactly what to do for the best as a parent to support children's speech and language development in the early years. That's where the Best Start service comes in.

We offer practical and emotional support for parents to help young children become confident communicators.

Come to our next drop-in session to find out more and get some support if you have a child aged 0-5.

*See inside for our drop-in session timetable.*



Or call us directly on **020 8496 5223**

– we can tell you all about what help is available locally.

# Speech & Language Drop-In Sessions

8th January - 29th March 2018

**Drop-in sessions:** come along and get support with any concerns you have about your child's speech and language. No appointment necessary.

Please bring your child's red book. Dates applicable until 29th March 2018.

All drop ins run term time only. It is a good idea to call the HENRY office beforehand to confirm the session is running.

Tuesday	10:00-11:30am	Leyton Children & Family Centre Hub, 215 Queens Road, Leyton, E17 8PJ
	1:30pm - 3pm	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY
Wednesday	1:30 - 3:00pm	Leytonstone Children & Family Centre, The Good Shepherd building, 15 Davies Lane, Leytonstone, E11 3DR
	4.30 - 6.30pm (3rd Wednesday of the month)	Leyton Children & Family Centre Hub, 215 Queens Road, Leyton, E17 8PJ
Friday	9:30-11:00am	Church Hill Nursery School, 47 Woodbury Road, Walthamstow, E17 9SB
Saturday	10:00 - 12:00am (2nd Saturday of the month)	The Lloyd Park Centre, Tree Gate in the Park Entrance, Walthamstow, E17 5JW
	9:30-11:00am (3rd Saturday of the month)	Harrow Green Library, 41 West Street, Leytonstone, E11 4LJ
	10:00-11:30am (4th Saturday of the month)	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY

***“Thank you for all your help and assistance with regards to my son's speech delay. With all your support I do feel a weight has been lifted from my shoulders and I feel far less worried about him”***

Parent of toddler

Sessions and phonelines are conducted in English unless otherwise stated  
Please let us know if you require an interpreter.

