**Say Less:** Use short, simple sentences when you talk to your child. She can’t take in a lot of information all at once. When you say less, it’s easier for her to understand and remember the words you use. It’s also easier for her to imitate a word when it is highlighted in a very short sentence.

Dad’s one sentence has 18 words — too much information for Sofia to understand.

**Stress:** Make important words stand out. For example, in the sentence “This tea is very hot,” the most important words are *tea* and *hot*. Stressing these words gets your child’s attention and helps her understand and learn them. It also makes it easier for her to try to say them. To put stress on words, use lots of animation in your voice, say the words a little louder or change your tone of voice.

Megan’s Mom stresses the important words to make them stand out.

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