



# When words don't come fast enough

*How AAC helps communication grow* 🌈

## What AAC is

AAC (Augmentative and Alternative Communication) helps children express themselves when speech is difficult. It includes gestures, pictures, or speech-generating devices, all ways to make communication easier and more successful.

## When to try AAC

You can try AAC anytime, it's not a 'last resort'. It helps when your child:

- Understands more than they can say
- Gets frustrated trying to communicate
- Uses gestures, sounds, or behaviour to get their message across
- Has slow or inconsistent progress with speech

## How AAC helps speech

AAC supports, not replaces, speech. It helps by:

- Reducing frustration so children stay motivated
- Showing words visually, which supports understanding
- Reinforcing sentence structure and grammar
- Encouraging real back-and-forth conversations

## Easy ways to start

- Start small with everyday words like 'more', 'help', 'stop', 'again'
- Model by pointing or tapping symbols as you talk
- Keep AAC nearby, not in a drawer!
- Celebrate every way your child communicates

## Reassurance for parents

- AAC does NOT stop children from talking, it can help them talk more!
- You don't have to be perfect, modelling consistently is what counts
- The goal is communication, not just speech

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