



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

## Strategies for Building Communication

Many parents have a goal of increasing their children's ability to communicate their wants and needs.

Toddlers who have communication issues often have behavioral challenges, such as tantrums. As a result, parents often learn to anticipate their child's needs in order to prevent difficult moments. Researchers find anticipating and filling children's needs can reduce the motivation to use verbal and non-verbal communication. To increase children's use of appropriate communication, parents might try the following:

- Set challenges

Does your child have a favorite toy or food? Try making it a bit more difficult for your child to get this item. For example, place a favorite food in a clear container with a tight lid or put a preferred toy on a high shelf. Setting these challenges will motivate your child to ask for help.

- Stop and wait!

When your child needs help, do not offer immediate assistance. Instead, stop and wait for your child to request help. Depending on your child's language ability, this request might be in the form of eye contact, a single word, or a gesture.

- Reinforce communication

attempts

Be on the lookout for your child's use of verbal and nonverbal communication.

Be prepared to offer a preferred item, praise, and/or hugs in response. This will help your child continue to use these strategies in the future!

More information on strategies for increasing a child's communication can be found in the following book: *An Early Start for Your Child with Autism* by G. Dawson, S. Rogers, and L. Vismara



## Candy Corn Crispy Treats

### Ingredients:

3 tbsp butter  
1 10-oz package of marshmallows  
6 cups crispy rice cereal  
1 cup candy corn  
 $\frac{1}{4}$  cup semi-sweet chocolate chips, melted

### Directions:

1. Coat a baking dish with cooking spray.
2. In a large saucepan, melt butter over low heat. Add marshmallows and stir until melted. Remove from heat and stir in rice cereal until evenly coated.
3. Add candy corn and stir in gently until mixed in.
3. Spoon mixture onto baking dish and press down with spatula.
4. Drizzle melted chocolate over top.
5. Let cool and then cut into bars. Enjoy!

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[www.NCSEED.org](http://www.NCSEED.org)

### NOTES

- NC has enrolled over 300 families
- All 6 states have enrolled 1837 families
- Sites will enroll families until the end of 2020

