

HOW TO BUILD SPEECH AND LANGUAGE

# OUR FAMILY PLAN

Our unique plan for building language and  
speech opportunities into our daily lives

FROM [WWW.KAYLACALABRO.COM](http://WWW.KAYLACALABRO.COM)

WHAT DOES \_\_\_\_\_ NEED FROM ME TO FEEL  
LOVED, CHERISHED, AND SEEN?

DIRECTIONS ADD YOUR CHILD'S NAME AND WRITE YOUR THOUGHTS BELOW (SET A TIMER  
FOR 3-5 MINUTES TO LET YOUR BRAIN HAVE TIME TO REALLY THINK)

A large, empty, rounded rectangular box with a light orange background, intended for writing thoughts.

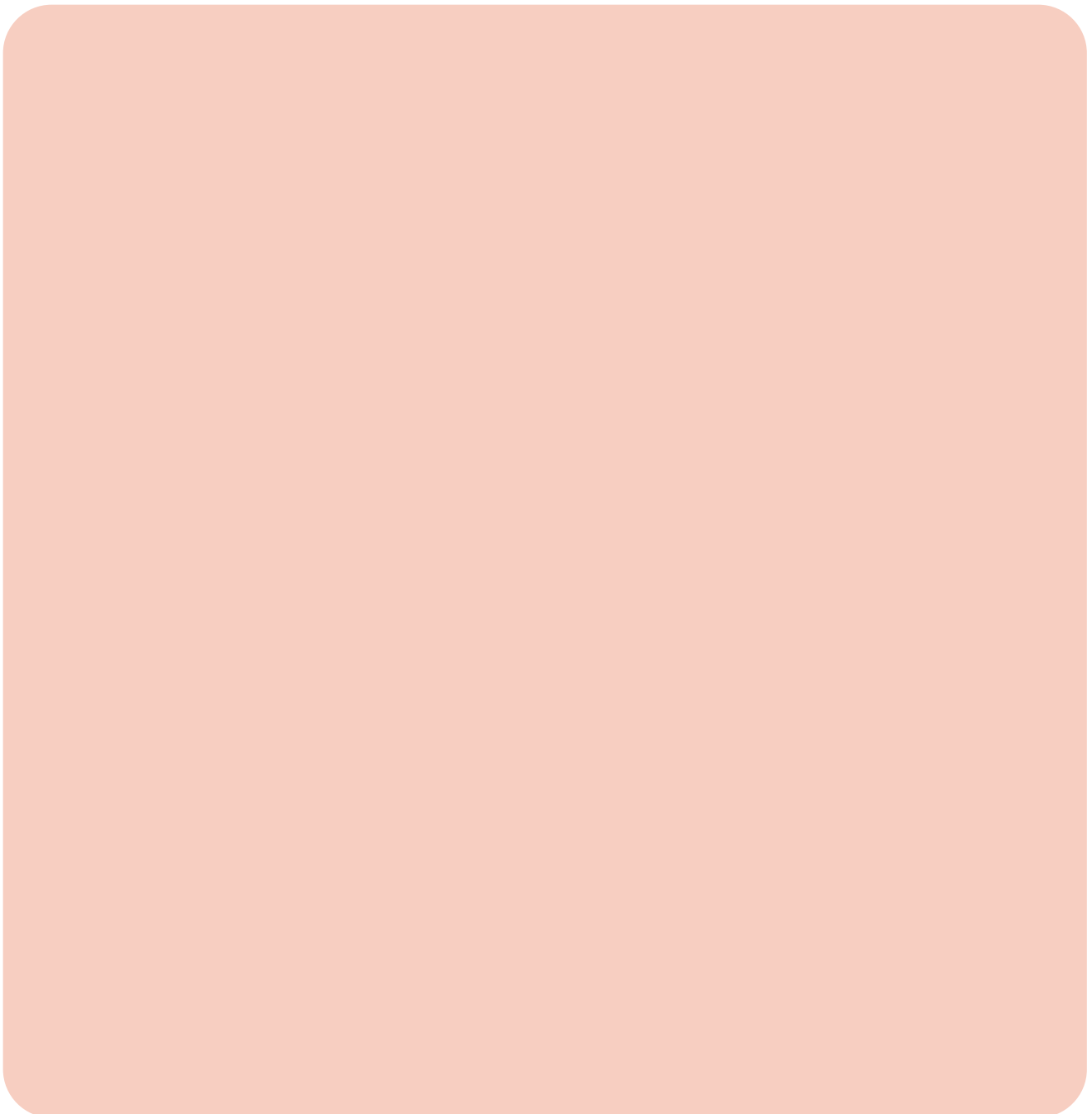
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DIRECTIONS ADD YOUR CHILD'S NAME AND WRITE YOUR THOUGHTS BELOW (SET A TIMER FOR  
3-5 MINUTES TO LET YOUR BRAIN HAVE TIME TO REALLY THINK) - PRINT MORE AS NEEDED

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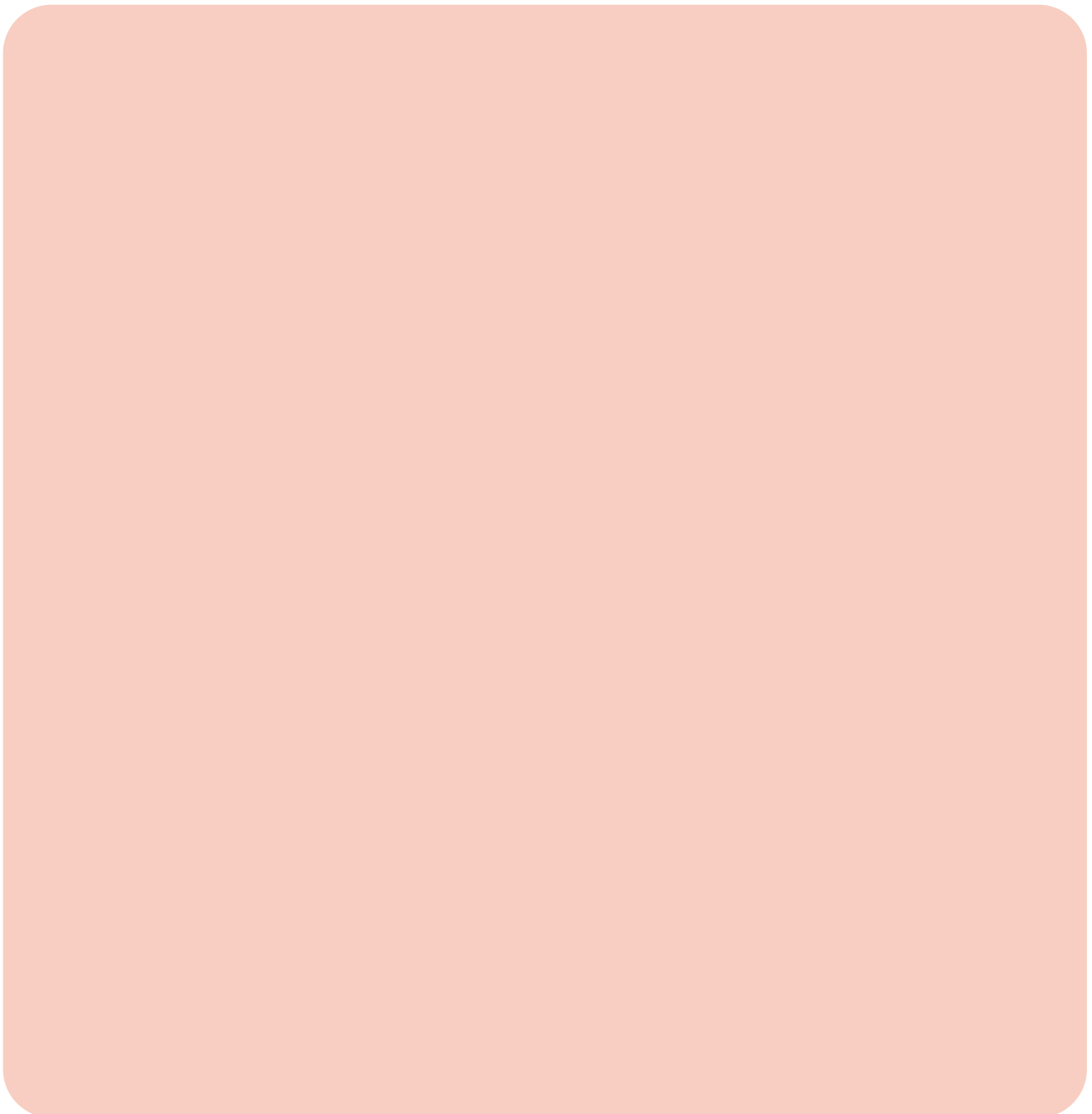
# WHAT STRATEGIES AM I USING TO SUPPORT MY CHILD'S SPEECH AND LANGUAGE?

DIRECTIONS: WRITE YOUR SPECIFIC STRATEGIES DOWN ON PAPER - IF YOU DON'T KNOW, IT MIGHT BE A GOOD TIME TO SEND AN EMAIL TO YOUR SPEECH LANGUAGE PATHOLOGIST.



HOW CAN I EMBED THOSE STRATEGIES INTO THE DAY, WHILE  
STILL MEETING THE NEEDS OF ALL OF MY CHILDREN?

DIRECTIONS: USING THE INFORMATION ABOVE, COME UP WITH A PLAN TO GET IT ALL  
DONE. THERE ARE NO SILLY IDEAS!



# WHAT BARRIERS EXIST TO MY ABILITY TO ACTUALLY FOLLOW THE PLAN?

DIRECTIONS: PUT ON YOUR PESSIMIST HAT AND THINK OF ALL OF THE REAL-LIFE  
CHALLENGES THAT WILL MAKE YOUR PLAN FAIL

A large, empty, rounded rectangular box with a light orange background, intended for writing answers to the question above.

# ARE THERE ANY CREATIVE SOLUTIONS TO DECREASE THOSE BARRIERS?

DIRECTIONS: COME UP WITH HOW YOU WILL RESPOND IF THINGS GO AWRY. USE THE SENTENCE FRAM "IF \_\_\_\_\_, THEN I WILL \_\_\_\_\_."

A large, empty, rounded rectangular box with a light orange background, intended for writing responses.

I hope you find this  
workbook and exercise  
helpful!

-Kayla