



Using a Lingraphica AAC Device at Home

If your child is trying an AAC device, it can feel overwhelming to add a new component to your already busy life. Luckily, you can incorporate AAC into your existing home routines. Here are some examples:

Getting ready in the morning

Use the device as a tool to accomplish morning routines:

- When getting dressed, your child can use the color page to pick out which shirt they want to wear.
- When brushing teeth, your child can Ask for help putting toothpaste on their toothbrush.
- Use the device to create a visual schedule for your child's morning routine.

Mealtimes

The device is a great tool to enable your child to actively participate during meals times. Your child can use the device to:

- Select food and drink options.
- Communicate common mealtime requests like “more,” “all done” or “I need a napkin.”
- Request their desired items from a restaurant
- Express their opinion with phrases like “I like this” or “I don't like this.”

Family time

Family events like games or watching a movie are a great time for your child to use their device in a fun way! Make sure the device is programmed with vocabulary that will help them participate:

- During family games, your child can communicate things like “My turn,” “Your turn,” “It's wobbling!” “You knocked it over!” and “Let's play again.”
- During movie night, your child can help with choosing the movie and desired snacks and drinks.

Bedtime

Help your child with their bedtime routine by:

- Incorporating bath time vocabulary (bubbles, toys, more water)
- Choosing pajamas and brushing teeth
- Requesting a specific bedtime story. Participate in shared reading by programming in any repeated elements to the book.

General Dos and Don'ts

DO:

- Allow unrestricted access to the AAC device
- Help your child by making sure the device is charged and volume is turned up
- Keep the device in a protective case
- Encourage all family members to learn about the device and encourage its use
- If your child is developing communication, accept and reward all attempts at communication on the device, even if they are not perfect
- Acknowledge all types of communication from your child – verbal, gestures, facial expressions, or device use
- Respond to all communication attempts using clear verbal language (e.g. If your child presses an icon for “bubbles,” respond with, “Let’s play with bubbles!”)
- Allow the child to explore the device. Just as children babble when they are learning verbal language and the parent does not need to respond to every sound, allow your child “play time” to explore the device.
- Use the device to support what you are verbally saying to your child. In this way, you are modeling how to use the device. It is a communication tool for the whole family!
- Cue your child to use the device by first pausing, then expressing interest with body language, observing and commenting, and modeling without expectation.

DON'T:

- Take away the AAC device. The device speaks for your child, and just as you cannot take a verbal child’s voice away, the AAC device should not be taken away. If the child is using the device at inappropriate times, work on behavior strategies and other solutions.
- Force the child to use the device. The device is one tool available. If your child points to the fridge and says “Wa” and you know that means they want water, do not require them to find it on the device.
- Expect perfection. The device trial is a time to identify potential and aptitude to determine if a device may be helpful. Most children will not master the device or become independent users during a device trial.
- Aim to connect with your child using the device versus quizzing them on locating various pictures.