

Communication checklist

As a parent/carer it is important to understand the value of your role in the communication process. Nurturing and enhancing a person's communication gives them the capability to express their wants and needs. Communication happens when one person sends a message to another person. Interaction happens when two people respond to one another. Everybody communicates in some way whether this is through body language, facial expressions, or gestures.

Do you have the persons attention?

Remember this does not have to be eye contact.

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Consider the environment

Is there anything that may be having an impact on the person's ability to communicate e.g., too much background noise.

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Processing time

Are you making sure you are giving enough time for the person to process information and time to respond in between.

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Are there any physical barriers?

For example, a dummy or a sore throat.

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Is the person emotionally ok to communicate?

For example, before during or after a meltdown a person may be unable to communicate try and avoid conversation during these times. Wait until the person is calm.

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Self-reflection

How are you communicating? Are you speaking too fast or too slow? Are you using too much language or questions? Are you calm? Is the person a literal thinker?

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Think about presentation

Are you presenting information in a way that makes sense to the person?

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