



# AAC Strategies and Activities

## Strategies for Encouraging Use

- Make the system available at all times, especially during home routines such as eating and playing. Don't put it away just because it is not being actively used.
- Let your child play and "babble" with their AAC system. It lets them become familiar with it.
- Reduce the number of questions asked. Don't use the system to continually "test" them.
- Model on the system and have all communication partners model on it.
  - Start small and simple.
  - Begin by focusing on core words for modeling (to view a full list - <https://aaclanguage.com/materials/100highfrequencycorewords21.pdf>)
    - Core words are those that make up approximately 80% of the words used every day; examples include go, stop, play, eat, help. The list includes around 200 words and allows for language that can be used across many situations.
  - Follow the child's lead on preferred activities and use the system to describe the activity and what the child is doing.
  - Describe what you are doing and thinking as you go about your day.
  - Provide the words you know they are trying to say if they are having difficulty expressing their needs/desires.
    - a. Expand on what the child is saying by adding a word.
    - i. Use one more word than what they are using on the system. If your child is saying "eat" for cookie, model "eat that."
- Use the prompting hierarchy for AAC to promote independent use (refer to Rachael M. Langley's hierarchy visual for detailed descriptions - <https://practicalaac.org/tag/rachael-langley/>)
  - Physical assistance → Direct Model → Partial Verbal Prompt → Gestural Cue → Request a Response → Indirect Verbal Prompt → Indirect Nonverbal Prompt → Expectant Pause
- Praise all communication attempts and model correct word choices if incorrect words are selected.

### Suggested Core Words for Activities

- Bedtime: finished/all done, in, want
- Getting dressed: on, off, help, need
- In the car: go, see, good-bye, where
- Book reading: turn, look, read, who
- Mealtime: eat, get, drink, what
- Cleaning up: you, find, away, there
- Games: more, like, play, again