

## Top Tip for Communication at Home

### Communication through massage



There are lots of communication opportunities during a massage session.

You can let your child choose which lotion they would like. Let them smell the lotions first, then hold one on each hand. Let your child look towards or touch the lotion they want.

Give a hand or foot massage and then stop. Wait for a signal from your child that they want you to continue. This may be a look, a noise, or they may give you their hand or foot. When this happens use the words "More massage" or "I want more" and continue the massage. Praise your child.

