

What is Makaton?

Makaton is a language programme that uses signs and/or symbols with speech, to help people communicate.

Why should I use Makaton with my child? Research shows that signs and gestures are easier to learn than spoken words. This makes sense, as babies first start to communicate what they want using gestures e.g. they might point at the biscuit tin or hold out their arms to be lifted up. Signs give extra information which can be seen and can reduce frustration, helping you to understand your child's needs and wants.



MAKATON TIPS



Using Makaton is fun!

Always say the word when you use the sign or use/ show the symbols.

Use signs and symbols as much and as often as you can.

Offer lots of encouragement (for your child, friends and family)

Don't give up! It may take a while but it is worth it in the end.



Will using Makaton stop my child from talking? No, using signs and symbols actively encourages the development of speech and language skills as we also speak when we use Makaton signs or symbols. Many children then drop the signs or symbols naturally at their own pace, as they develop speech.



You can access Makaton signs and symbols in the following ways:

- ★ Visit the **Makaton Website:** www.makaton.org
 - Resources (both free or to purchase) – You will need a login in to access this, which is free.
 - Training – information can be found on the ‘learn Makaton’ page
 - “**sign of the week**”
- ★ Visit the Singing Hands website (www.singinghands.co.uk) website. They have a range of online sessions and linked to their YouTube channel. It has useful signs, videos and information about using Makaton.
- ★ **Mr Tumble:** you can watch Mr Tumble-both with your children and/ or when your children are in bed (your homework!) and learn signs from him. You can also buy Mr Tumble magazines monthly, there are small diagrams of how to make the signs in the magazine. This will help you learn or remind you how to make different relevant signs.
- ★ **Library resources for loan:** ask at your local Library about Makaton resources for loan, including Mr Tumble DVDs.
- ★ **Parent Carer Home Training Packs:** CYP Therapies have training packs for home loan for parents who are unable to attend training sessions and that need to learn/refresh Makaton signs.

Adults can attend **Makaton Training** by the following;

- our website for further details www.buckshealthcare.nhs.uk/cyp
- ask your Speech and Language Therapist/Speech and Language Therapy Assistant
- **Contact us** on Buc-tr.cyptherapies@nhs.net or by phone 01296 566045

