



AAC Practice: Activity Ideas for Families

A great way to introduce the QuickTalker Freestyle device is to use it across daily activities. Below are examples of activities and word suggestions to help your child get comfortable using the device in different environments. Take the time to explore the device yourself. Remember that your child is primarily learning from you!

Play Time

Focus on using the device during play time. This is a fun way to encourage using the device! Follow your user's lead by finding activities they enjoy, and model on the device while you play together.

Target Words: play, more, fun, turn, stop, go, help, like, want, again, my turn, your turn, build, push, throw, catch

Target Phrases: Do it again, let's go, this is fun, let's play _____

[Click here](#) for examples of how to introduce the AAC device during play.

Mealtime

Focus on using the device during mealtimes. This can be in the kitchen while you are cooking or while eating. Allow your user to make choices about their meals and explore how food tastes!

Target Words: eat, drink, more, all done, hungry, thirsty, yummy, yucky, hot, cold, spoon, fork, napkin

Target Phrases: I'm hungry, I need more, it's good, I like it, I don't like

[Click here](#) for examples of how to use the AAC device mealtimes.

Transitions

Focus on using the device during transitions. When leaving a space or changing activities, use the device to terminate the activity and indicate or have your user pick what's next!

Target Words: all done, finished, next, stop, go, ready, now, later, first-then, goodbye, hello, in, out, car, home, outside

Target Phrases: I'm all done, what's next, let's go, come on, here we go, see you later, It's time for _____

Morning and Nighttime Routines

Focus on using the device during morning and nighttime routines. Give yourself extra time to model labels, greetings, and requests in the morning and evening.

Target Words: wake up, sleep, brush, wash, toilet, pajamas, clothes, shoes, tired, good morning, goodnight, on, off

Target Phrases: Time for bed/ time to get up, I'm tired, let's go to sleep/ let's wake up

[Click here](#) for examples of how to incorporate the AAC device during daily routines.

Media Engagement

Focus on using the device while watching TV or engaging with media. Watch videos or listen to music together and discuss the experience.

Target Words: watch, listen, music, movie, favorite, loud, quiet, again, like, don't like, dance, sing

Target Phrases: Let's do it again, let's watch ____, I love it, this is fun, it's too loud, turn it on/ off

[Click here](#) for examples of how to incorporate the device while listening to music.

Emotions

Focus on using the device to discuss emotions throughout the day in a variety of settings. Label how you are feeling and model how your user is feeling.

Target Words: happy, sad, mad, scared, tired, excited, calm, hurt, feel, need, hug,

Target Phrases: I need a break, I need help, I don't feel good, can I have a hug, I'm so ____

[Click here](#) for examples of how to communicate emotions using the AAC device.

Social Communication

Focus on using the device with others! Use the device with friends and family this week to build comfort with the device for all parties. Always ask the user's permission before allowing someone else to touch the device.

Target Words: hello, goodbye, friend, name, my, your, share, play, together, tell, show, like, thanks, please

Target Phrases: My name is ____, how are you, nice to meet you, let's play, my turn/ your turn

Bringing It All Together

Bring it all together! Reflect on which parts of the day are the easiest to incorporate AAC and which ones are goals for the future. Start to build a routine of using the device in a variety of different environments!

[Click here](#) for further information on ways you can support your child in using the AAC device to communicate.



Tips for Success:

- Before asking your child to use it, take the time to become familiar with the device yourself!
- Show how they can use the device in a lot of different situations, along with fun and motivating items and activities they like. Don't be afraid to have some fun and be silly!
- Celebrate and acknowledge every time your child tries to communicate, trying is progress and every step counts!
- Remember, practicing regularly helps your child feel more confident communicating with the device. Consistency is key!
- Introducing AAC takes time! Remember that your child is learning WITH you; It is okay not to know it all. Remember that we are here to support you every step of the way!



For additional assistance or questions about data collection and meeting insurance requirements, **call 651-401-1269** or [Click here](#) to schedule a meeting with our Medical Data Support team.

