

Parent Language – Match + 1

Information for patients, relatives and
carers

December 2023

What is Match + 1?

Some children find it difficult to understand and use language even though adults around them speak to them appropriately. Thankfully, there are many ways in which adults can change the way they speak in order to help to develop their child's language skills. Match + 1 is the name of a specific strategy adults can use.

Why is Match + 1 a good strategy?

Because it is simple and easy to use! Children learn language gradually. First come single words, then two words together, then three words together, and so on. It takes a lot of work before children are able to talk in full sentences. Match + 1 helps children expand their language by building on the words they already know.

How do I use Match + 1?

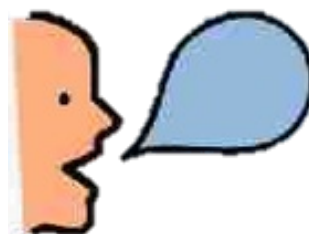
Sometimes your child may use a single word to describe or label something. Match + 1 simply means repeating what the child has said and adding 1 more word. By adding a word to their word, it will help your child to hear lots of different words and it will show them how words fit together and how to put their own words together.

You can use Match + 1 to extend your child's very first words e.g. if your child says "more" you can say "more **biscuit**", if your child says "finished" you can say "**bubbles** finished" or if your child says "again" you can say "again **Daddy**".

By **repeating the word(s)** and **adding one more main word**, you will expose your child to more language at a rate they are comfortable with and able to handle e.g. when your child says "dog" you can say "**big** dog", if your child says "daddy car" you can say "daddy's **blue** car". Remember your child may need to hear new words many times before they are able to copy them.

Activities to try at home:

- ☐ 1. Adding a noun (person/place/thing)
e.g. "drink" → "drink of **water**"
- ☐ 2. Adding a verb (doing word)
e.g. "drink" → "**making** a drink"
- ☐ 3. Adding an adjective (describing word)
e.g. "drink" → "**yummy** drink"



Person/Place/Thing (Noun) + 1

- If your child says the name of a **person**, **place** or **thing** (noun) ...
- You can add a doing word e.g. if your child says “dog” you can say “dog **running**” or if your child says “baby” you can say “baby **crying**”
- You can add a describing word e.g. if your child says “car” you can say “**red** car” or if your child says “dog” you can say “**big** dog”
- You can add another person, place or thing e.g. if your child says “fish” you can say “fish and **chips**” or if your child says “teddy” you could say “teddy and **baby**”

Doing Word (Verb) + 1

- If your child uses a **doing word** (verb) ...
- You can add a person, place or thing e.g. if your child says “jumping” you could say “**rabbit** jumping” or if your child says “eating” you could say “eating **toast**”
- You can add another doing word e.g. if your child says “eating” you could say “eating and **drinking**” or if your child says “washing” you could say “washing and **drying**”

Describing Word (Adjective) + 1

- If your child just uses a **describing word** (adjective) ...
- You can add a person/place/thing (noun) e.g. if your child says “funny” you could say “funny **Mummy**” or “funny **joke**” or “funny **picture**” depending on what your child is talking about
- You can add another describing word e.g. if your child says “big” you could say “big and **strong**”

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have.

If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 0191 445 6129 (10.00 – 16.00, Monday to Friday).

You can also email PALS at ghnt.pals.service@nhs.net

Alternatively, you may wish to complain by contacting our complaints department:

Mrs Trudie Davies,
Gateshead Health NHS Foundation Trust,
Trust Headquarters,
Queen Elizabeth Hospital,
Sheriff Hill,
Gateshead,
NE9 6SX

The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics.

Further information is available via Gateshead Health NHS Foundation Trust website ([Privacy - QE Gateshead](#)) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email ghnt.ig.team@nhs.net.

This leaflet can be made available in other languages and formats upon request