

# How to Use the Communication Cards

These communication cards are designed to provide children with a simple, non-verbal way to express their needs when speaking feels difficult. They are easy to prepare and can be used both at school and at home.

## **Step 1: Print the Cards**

Print the cards on thick paper or card for durability. Standard printer paper works, but heavier paper will make the cards sturdier.

## **Step 2: Laminate the Cards**

Laminate the sheet to protect the cards and make them last longer. Laminating also helps the cards withstand regular use throughout the school day.

## **Step 3: Cut Out the Cards**

Carefully cut around each card along the borders. Laminated cards are easier to handle and less likely to tear.

## **Step 4: Choose How to Use Them**

You can use the cards in two simple ways:

**Option 1: Individual Cards** - Use each card separately so the child can pick up and hand the card to a teacher or adult when they need something.

**Option 2: Key Ring Set** - Punch a small hole in the corner of each card and attach them together using a key ring or binder ring. This keeps the cards together in one place and makes them easy for the child to carry.

## **Step 5: Start with One Card**

It is often helpful to begin with just one card, such as the Toilet card. Once the child feels comfortable using it, additional cards can be introduced gradually.

These cards are not meant to replace verbal communication. They simply provide a safe way for children to communicate their needs while they build confidence. Over time, some children may naturally begin using words instead of the cards, while others may continue to use them for support.

The most important goal is that the child feels comfortable communicating in a way that works for them.



Toilet



Drink



Help



I feel sick



Break



Finished



