About me

COMMUNICATION BOOK

photo

My name is

Age

I live

How I communicate

When I mean yes, I

When I mean no, I

When I

I mean

When I

I mean

Important to me

I calm down when

I like

I don't like

LAINATTU RAUHA®

NAME

My communication book



For adults

COMMUNICATION BOOK

This book helps a non-speaking child or adult tell you what they want, need and feel. It works best when it always comes along and the adults around use it too.

How to use the book

- **Show it yourself. Point to the pictures while you talk. For example: "Now we eat. Do you want milk?" This is how the language of the book becomes familiar, the same way speech is learnt by hearing it.**
- **Don't demand an answer. Show and wait calmly. Every point is a message, even an accidental one.**
- **Keep the book within reach: at the table, in the car, outdoors and at school.**
- **The words in the top row are in the same place on every page. The hand learns to find them without looking.**
- **Page numbers show where a topic is. The dark square always takes you to page 1.**
- **Word isn't here. When this square is pointed to, help find the right word or write it down. Missing words are worth adding to the book.**
- **Own picture squares are for gluing in your own picture, for example a photo of a familiar place or person.**

The book grows with the child

You can print more pictures from over 2,600 pictures in the free picture bank: lainatturauha.com/en/picture-bank. In the members' area you can make your own pages with your own pictures, your own words and in your own language.

START 1

Start

COMMUNICATION BOOK

I	you	want	no	yes	finished	break	help
mealtime	food	fruit and vegetables	quick things	feelings	something is wrong	senses	people
activities	places	school	questions	hello	thank you	I don't know	word isn't here

Lainattu Rauha® · free picture bank: lainatturauha.com/en/picture-bank

Mealtime

COMMUNICATION BOOK


I


you


want


no


yes


finished


break


help


eat


drink


more

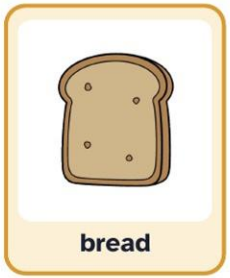

no more

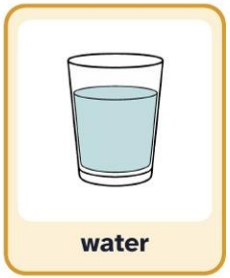

hungry


thirsty


tasty


yucky


bread


water


juice


milk



start


thank you



more food


word isn't here

Food

COMMUNICATION BOOK


I

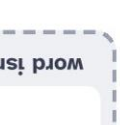

you


want


no


yes


finished


break


help


porridge


soup


pizza


pasta


rice


potato


meat


sausages

fish

egg

salad

ketchup

start

burger

yoghurt

word isn't here

Fruit and vegetables

COMMUNICATION BOOK


I


you


want


no

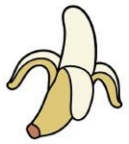

yes


finished


break


help


apple


banana

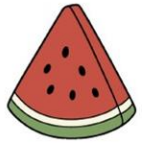

orange


mandarin


grapes


strawberry


blueberry


watermelon


carrot


cucumber


tomato


pepper


start


peas


broccoli

word isn't here

Quick things

COMMUNICATION BOOK


I


you


want


no


yes


finished


break


help


I want to go home


I need the toilet


help me


I want to come too


more of this


quiet, please


I want to leave


I want to be alone


sorry

let's stop

thank you

I don't know

start

own picture

own picture

word isn't here

Feelings

COMMUNICATION BOOK

I	you	want	no	yes	finished	break	help

 happy	 sad	 angry	 tired
 excited	 scared	 nervous	 anxious
 annoyed	 I miss	 I love	 calm
start	own picture	own picture	word isn't here

Something is wrong

COMMUNICATION BOOK

I	you	want	no	yes	finished	break	help

it hurts	I feel sick	I'm ill	I'm cold
I'm hot	I can't do a poo	I feel dizzy	head
tummy	tooth	ear	throat
start	leg	own picture	word isn't here

Senses

COMMUNICATION BOOK

I | you | want | no | yes | finished | break | help


too loud


too bright


too many people


bad smell


clothes rub


clothing tag


taste


smell


sight


hearing


touch


ear defenders

1

start


I want to leave


I want to be alone

word isn't here

People

COMMUNICATION BOOK

I | you | want | no | yes | finished | break | help

mum | dad | sister | brother

grandma | grandpa | friend | teacher

support worker | hello | bye | good morning

1

start | good night | nice to see you | word isn't here

Activities

COMMUNICATION BOOK


I


you


want


no


yes


finished


break


help


go outside


listen to music


use the tablet


watch TV


bake


do a puzzle


read a book


draw


play together


quiet time alone


swing


trampoline

1


start


swim


bubbles

?

word isn't here

Places

COMMUNICATION BOOK

I

you

want

no

yes

finished

break

help

go

come

home

school

toilet

grandparents' house

sauna

cottage

shop

playground

swimming pool

forest

1

start

beach

hospital

word isn't here

School

COMMUNICATION BOOK

I	you	want	no	yes	finished	break	help

teacher	support worker	I want to answer	I need help
break time	I'm working	crafts	singing
quiet	ear defenders	classroom	dining hall
start	gym	calm corner	word isn't here

Questions and answers

COMMUNICATION BOOK

I	you	want	no	yes	finished	break	help

how are you?	what?	where?	who?
when?	what's to eat?	I'm feeling...	I don't know
good	bad	own picture	own picture
start	own picture	own picture	word isn't here