

# My communication book

NAME

LAINATTU RAUHA®

# About me

COMMUNICATION BOOK




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

# For adults



**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

COMMUNICATION BOOK


I


you


want


no


yes


finished


break


help

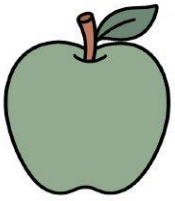
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mealtime

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food

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questions


hello

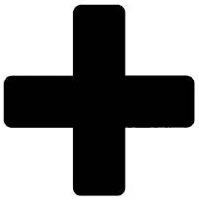
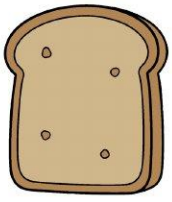
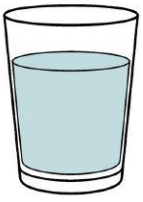
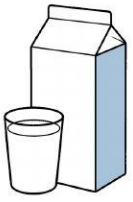

thank you


I don't know

?
word isn't here

# Mealtime

COMMUNICATION BOOK

| | | | | | | | |
|---|---|---|---|---|---|---|---|
|  I |  you |  want |  no |  yes |  finished |  break |  help |
|  eat |  drink |  more |  no more | | | | |
|  hungry |  thirsty |  tasty |  yucky | | | | |
|  bread |  water |  juice |  milk | | | | |
| 1 start |  thank you | 3  more food | ? word isn't here | | | | |

# Food

COMMUNICATION BOOK


I


you


want


no


yes


finished


break


help

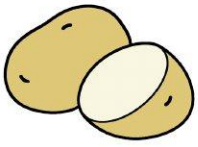

porridge


soup

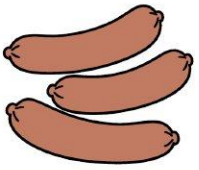

pizza


pasta

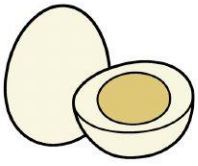

rice


potato


meat


sausages


fish


egg


salad


ketchup

1

start


burger

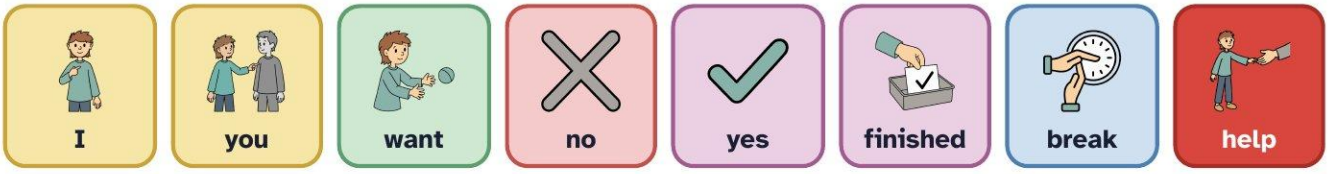

yoghurt

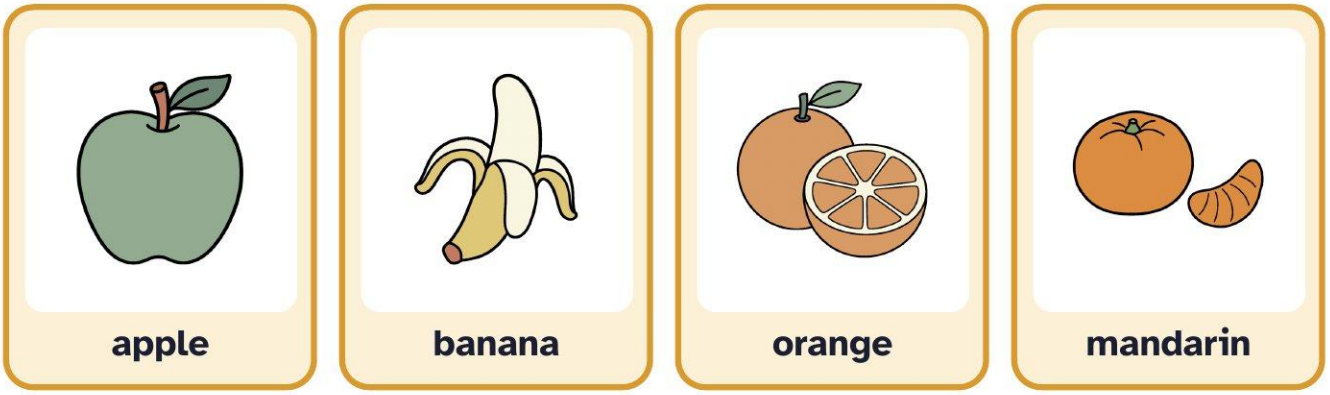
?

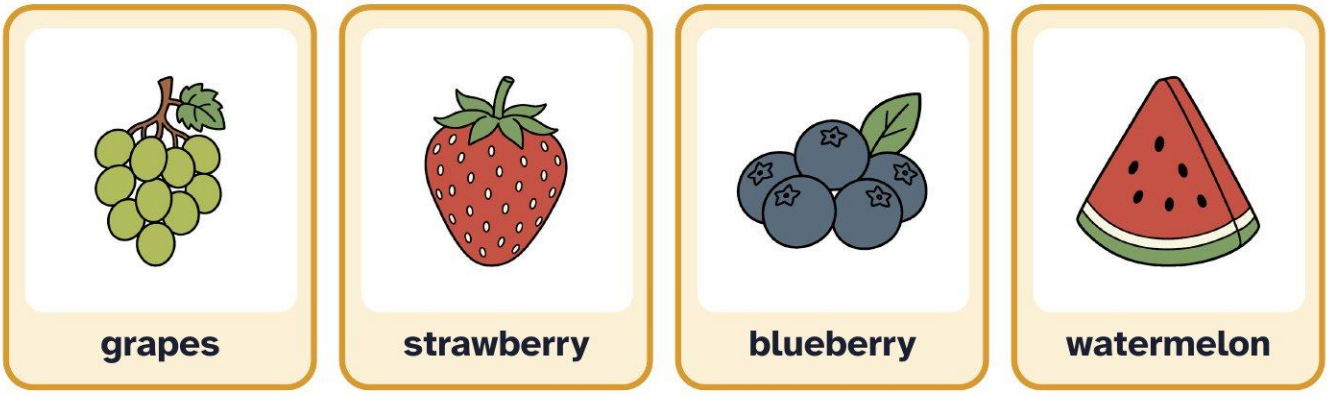
word isn't here

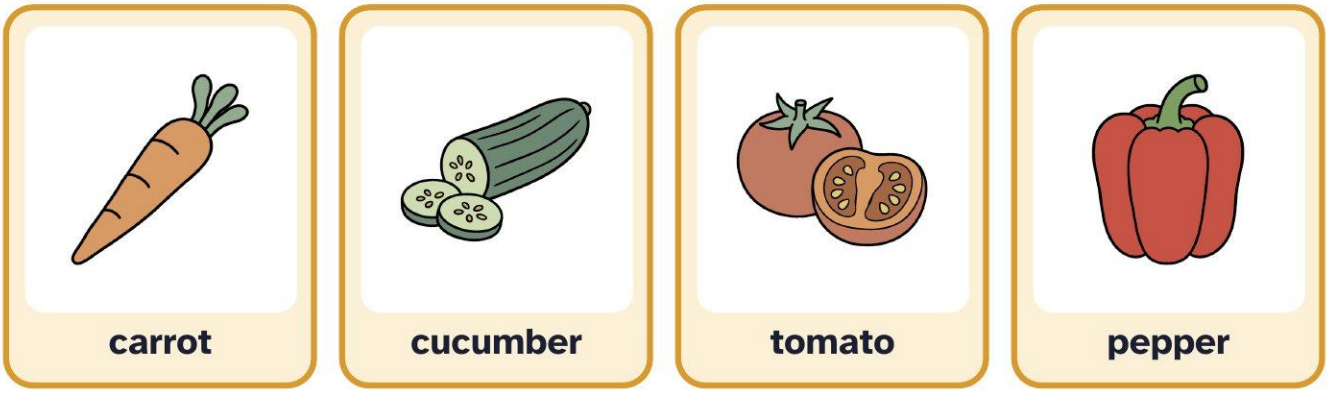
# Fruit and vegetables

COMMUNICATION BOOK



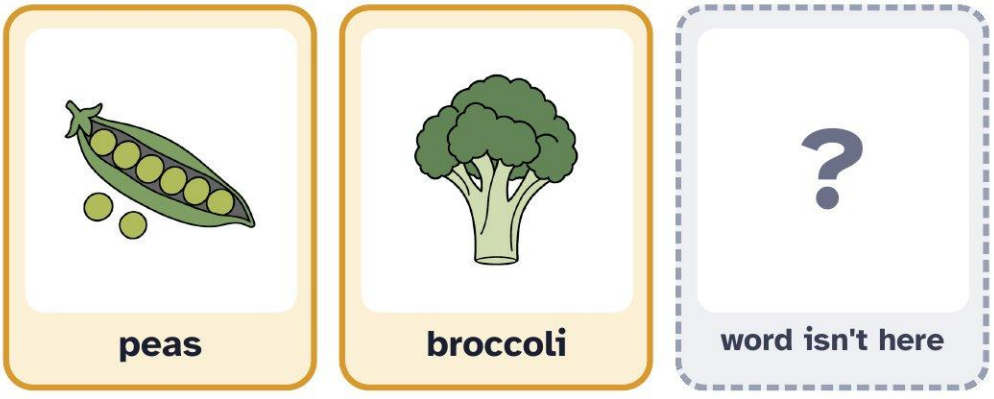









# Quick things

COMMUNICATION BOOK

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



I want to go home



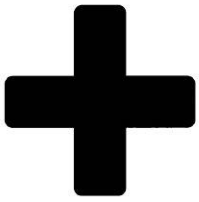
I need the toilet



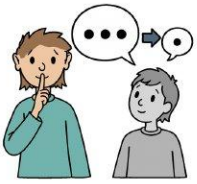
help me



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

1

start

own picture

own picture

word isn't here

# Feelings




I


you


want

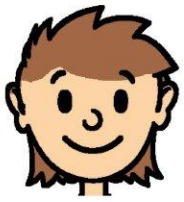

no

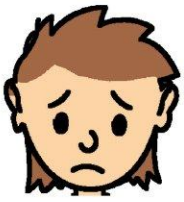

yes

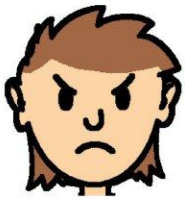

finished


break

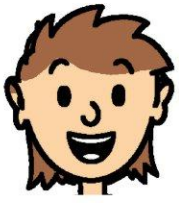

help

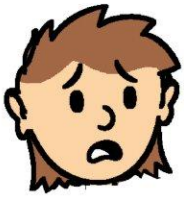

happy

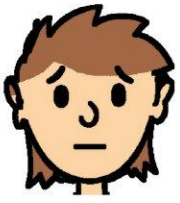

sad


angry

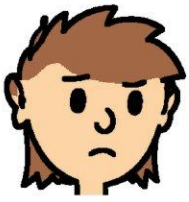

tired


excited

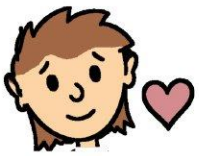

scared

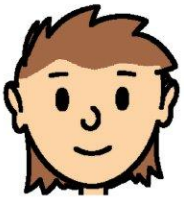

nervous


anxious


annoyed


I miss


I love


calm

1

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



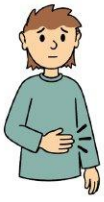
I can't do a poo



I feel dizzy



head



tummy



tooth



ear



throat

1



start



leg

+

own picture

?

word isn't here

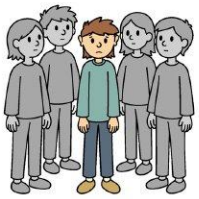
# Senses

COMMUNICATION BOOK

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


too loud


too bright

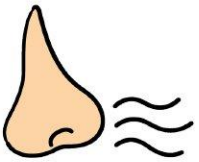

too many people

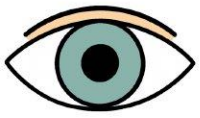

bad smell


clothes rub

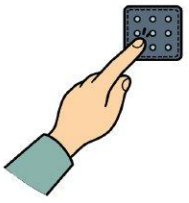

clothing tag


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

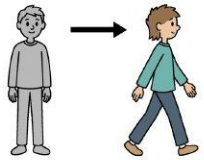
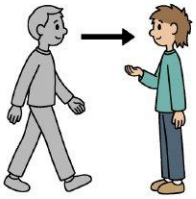
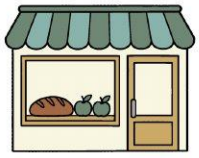
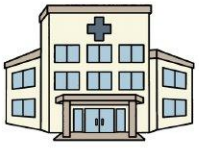
?

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



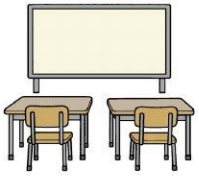
singing



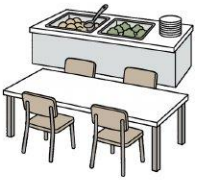
quiet



ear defenders



classroom



dining hall

1



start



gym



calm corner

?

word isn't here

# Questions and answers

COMMUNICATION BOOK

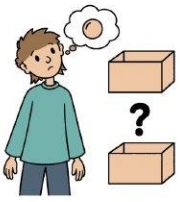
| | | | | | | | |
|---|---|---|---|---|---|---|---|
|  I |  you |  want |  no |  yes |  finished |  break |  help |



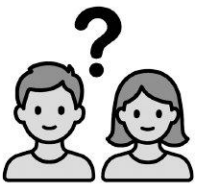
how are you?



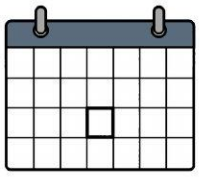
what?



where?



who?



when?



what's to eat?



I'm feeling...



I don't know



good



bad

+ own picture

+ own picture

1

start

+ own picture

+ own picture

?

word isn't here