

鼓勵在家使用雙語

使用您說得最舒服的語言

即使您的語言與您孩子在學校使用的語言不同，孩子們也會從強大的語言模型中受益。這也鼓勵您發自內心地表達自己，而不必翻譯成可能對您來說更具挑戰性的語言！

慶祝雙語

讓您的孩子知道了解更多語言是多麼神奇。與您的孩子溝通能夠了解一種以上的語言就像擁有一種超能力一樣！

探索你的母語

當孩子們意識到主流語言在他們的社交生活中更為突出時，他們可能會開始對他們的母語失去興趣。在社區中探索您的母語，讓您的孩子在家外接觸您的語言。與其他雙語兒童和社區成員聯繫。向您的孩子展示在家外也使用不同的語言！



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雙語兒童的 早期 語言發展



參考指南

什麼是雙語？

雙語是使用一種以上的語言系統（包括方言）

(Grosjean, 2008, p. 10; Hakuta, K., 2009).

雙語的好處

- **認知益處：**學習一種以上的語言需要孩子培養他們對語言的小部分、聲音和模式的注意力。孩子們必須對語言進行分類、處理和區分。這可以轉化為認知益處，例如提高注意力、工作記憶、批判性思維和解決問題的能力(Morales et al., 2013)。
- **社會效益：**研究表明，雙語兒童可能會發展出更強的同理心、社會意識和對其他文化的理解能力。通過使用一種以上的語言，孩子們可以建立更多的聯繫。此外，雙語兒童可能與他們的家庭、文化和遺產保持聯繫。
- **教育和經濟效益：**研究表明，會說一種以上語言的人更有可能專注於任務。成為雙語成年人可能會帶來更多的工作機會。

常問問題

學習兩種語言會導致語言延遲嗎？

不會。研究表明，雙語不會導致言語延遲。如果一個孩子在學習一門語言方面有困難，困難往往是兩種語言。

學習兩種語言會讓我的孩子感到困惑嗎？

不會，孩子是學習語言的海綿。研究表明，在關鍵時期（即青春期前），大腦的不同區域更能適應不同的任務，例如語言學習 (Lenneberg, 1967)。

將兩種語言混合在一起不好嗎？

不會。也稱為代碼轉換，混合兩種語言可以導致積極的任務轉換 (Prior, 2011)。研究表明，語碼轉換還可以提高學業成績，支持交流和理解，並作為一種交流策略 (Simasiku, 2014)。

我應該和我的孩子說什麼語言？

考慮什麼對您的家、您的家人和您的孩子有用，這一點始終很重要。但是許多專業人士建議說你最擅長表達自己的語言，以提供強大的語言模型。這將為學習其他語言的各個方面創造一個語言基礎。

雙語對自閉症兒童有什麼影響？

研究表明，沒有理由壓製家庭語言來與自閉症兒童交流。研究還表明，雙語不會增加語言延遲、減少詞彙量或對孩子的交流方式產生負面影響

(Ohashi, 2012; Hambly, 2012; Reetzke, 2015)。雙語甚至可以增加想像力、靈活的思維和手勢的使用 (Valienti-McDermott, 2013)!

無論母語如何，孩子的里程碑

雙語兒童在與單語兒童相同的比率 (Pearson, 1993)。

單語兒童和雙語兒童的早期語言里程碑相似 (Pearson & Fernandez, 2001)。

言語和語言

- ☐ **1-6 月：**咕咕聲、笑聲、尖叫聲
- ☐ **2-3 月：**視線
- ☐ **4-10 月：**嬰兒咿呀學語
- ☐ **6-9 月：**共同關注
- ☐ **8-12 月：**在語言模型之後重複
- ☐ **9-12 月：**使用手勢、一致的聲音模式來表示一個項目（例如，wawa 代表水）、行話（例如，發聲模式聽起來像對話）
- ☐ **12-15 月：**遵循簡單的命令
- ☐ **18 月：**象徵性遊戲（例如，將香蕉用作電話），假裝遊戲
- ☐ **24 月：**活動排序

詞彙

- ☐ **12 月：**第一句話
- ☐ **15 月：**4-6 字
- ☐ **18 月：**20-50 字
- ☐ **24 月：**200-300 字
- ☐ **36 月：**大概 1000 字



何時諮詢與語言治療師

- 兩種語言學習困難
- 語言障礙或學習障礙的家族史
- 與同齡人和/或兄弟姐妹相比，發育遲緩
- 不恰當的社交語言技能（例如，難以輪流、考慮聽眾的需求、主題維護）
- 與同齡人互動困難

ENCOURAGE BILINGUALISM AT HOME

USE THE LANGUAGE THAT YOU ARE MOST COMFORTABLE SPEAKING

Even if your language is different from what your child will be using in school, children benefit from strong language models. This also encourages you to use express yourself from the heart, without having to translate to a language that may be more challenging for you!

CELEBRATE BILINGUALISM

Let your child know how amazing knowing more languages is. Have conversations about how knowing more than one language is like a superpower!

EXPLORE YOUR HOME LANGUAGE

Children may start to lose interest in their home language when they realize the majority language is more prominent in their social lives. Explore your home language in the community and expose your child to your language outside of the home. Connect with other bilingual children and members of the community. Show your child that different languages are used outside of the home too!



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EARLY LANGUAGE DEVELOPMENT IN BILINGUAL CHILDREN



A QUICK-REFERENCE GUIDE

WHAT IS BILINGUALISM?

Bilingualism is the use of more than one language system (including dialects) (Grosjean, 2008, p. 10; Hakuta, K., 2009).

BENEFITS OF BILINGUALISM

- **Cognitive benefits:** Learning more than one language requires children to develop their attention to small parts, sounds, and patterns of language. Children must sort, process, and differentiate between languages. This can translate to cognitive benefits such as improved concentration, working memory, critical thinking, and problem-solving skills (Morales et al., 2013).
- **Social benefits:** Research suggests that bilingual children may develop a greater capacity for empathy, social awareness, and an understanding of other cultures. By using more than one language, children may be able to build more connections. Additionally, bilingual children may maintain a link with their family, culture, and heritage.
- **Educational and economic benefits:** Research suggests that those who speak more than one language are more likely to stay focused on tasks. Being a bilingual adult may lead to more job opportunities.

FAQ

Does learning two languages cause a language delay?

No. Research has shown that bilingualism does not cause a speech delay. If a child has difficulty learning a language, the difficulty will often be in both languages.

Will learning two languages confuse my child?

No. Children are language learning sponges. Studies have shown that different areas of the brain are more adaptable and become specialized for different tasks, such as language learning, during the critical period, (i.e., pre-puberty) (Lenneberg, 1967).

Is mixing two languages together bad?

No. Also known as code-switching, mixing two languages can lead to positive task-switching (Prior, 2011). Research suggests that code-switching can also enhance academic achievement, support communication and understanding, and act as a communicative strategy (Simasiku, 2014).

What language should I speak with my child?

It is always important to consider what works for you in your home, for your family, and for your child. But many professionals suggest to speak the language you are most comfortable expressing yourself in to provide a strong language model. This will create a linguistic base for acquiring aspects of other languages.

What is the impact of bilingualism on children with autism?

Studies suggest that there is no reason to suppress a home language to communicate with a child with autism. Research has also shown that bilingualism does NOT increase language delays, diminish vocabulary, or negatively impact how a child communicates (Ohashi, 2012; Hambly, 2012; Reetzke, 2015). Bilingualism may even increase imaginative play, flexible thinking, and the use of gestures (Valicenti-McDermott, 2013)!

MILESTONES OF CHILDREN REGARDLESS OF HOME LANGUAGE

Bilingual children develop early vocabulary at the same rate as monolingual children (Pearson, 1993).

Early language milestones are similar between monolingual children and bilingual children (Pearson & Fernandez, 2001).

SPEECH AND LANGUAGE

- ☐ **1-6 months:** cooing, laughter, squealing
- ☐ **2-3 months:** eye gaze
- ☐ **4-10 months:** babbling
- ☐ **6-9 months:** joint attention
- ☐ **8-12 months:** repeating after language models
- ☐ **9-12 months:** using gestures, consistent sound patterns to represent an item (e.g., wawa for water), jargon (e.g., voicing patterns sound conversation-like)
- ☐ **12-15 months:** following simple commands
- ☐ **18 months:** symbolic play (e.g., using a banana as a telephone), pretend play
- ☐ **24 months:** sequencing of activities

VOCABULARY

- ☐ **12 months:** first words
- ☐ **15 months:** 4-6 words
- ☐ **18 months:** 20-50 words
- ☐ **24 months:** 200-300 words
- ☐ **36 months:** about 1000 words



WHEN TO CHECK WITH AN SLP

- Difficulty with learning in both languages
- Family history of a language disorder or learning disability
- Delayed development when compared to peers and/or siblings
- Inappropriate social language skills (for example, difficulty with turn-taking, considering the listener's needs, topic maintenance)
- Difficulty interacting with peers