

HOW DOES IT WORK?

Our 10-step WhatsApp programme **complements** speech therapy or provides valuable support while you wait.

We'll help you understand **where your child** is on their communication journey and show you how to support them in **everyday moments** at home.

WHATSAPP

All of the information will be hand delivered to you in **WhatsApp** one step at a time.

You have control what you watch and when.

Each step is a guide to what to do and how to do it.

**A WHOLE NEW
TOOLKIT FOR BUSY
PARENTS**

SHORT VIDEOS

If you are pressed for time or haven't got the headspace right now for too much information choose the short videos.

There is enough info in them to help and guide you but not too much to overwhelm you

When you learn a few simple ways to help your child you will be amazed with the impact you can have at home

LONG VIDEOS

Are you someone who likes lots of information?

Grab yourself a cuppa and settle in for a longer video where I will go through things in more detail.



TAKE IT FURTHER

If you find you are enjoying the process and keen to know more, many of the steps have additional videos that look at even more helpful hints and tips.

These are totally optional so don't worry if you don't have time.

**THE HOME OF
CAN-DO**

BOOM

Brilliant Out of the Ordinary Moment aka a BOOM!

This is what we celebrate in Can-Do, your gorgeous little person and all the wonderful things they do.

Share your BOOMS with us via Whatsapp

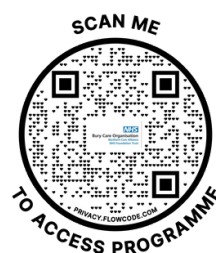
Share your BOOM

JOT

Just One Thing

Feel overwhelmed, don't have time to listen to the next video? Keep up the momentum

Ask for a JOT and we will send you just one thing to do that day



HOW LONG DOES IT LAST?

This 10 step programme is **self paced**. That means you can take as long as you like to complete it (maximum for this pilot is 10 weeks)

Watch the videos as you need to, some watch one a day, others one a week, it all depends on you and your family.

What we would say though, is remember to take **action**, try the ideas, be **consistent** and **ask** questions to get the most out of the programme

FACEBOOK

‘It takes a Village’

Community support makes all the difference so we have created a community group for you to share your highs and lows and lean on each other

LET’S HELP EACH OTHER TO TAKE ACTION AND KEEP CALM

WEEKLY Q&A

On a Tuesday you will be invited to ‘Ask your Questions’ and each Wednesday Jo will be answering your questions live.

You can join on Zoom or watch on replay later.

No question is silly but if you prefer to stay anonymous just let me know in the question

MOTIVATIONAL MESSAGES

We all need a boost sometimes so

I will send you a voice message with encouragement and little reminders to keep you on track during your journey.



PARENT STORIES

If you need inspiration and to hear from other parents, we will be sharing stories of how other parents have helped and supported their late talking children

THE HOME OF
CAN-DO

YOUR VIEWS

Throughout the programme you will be invited to share your views, opinions and ideas.

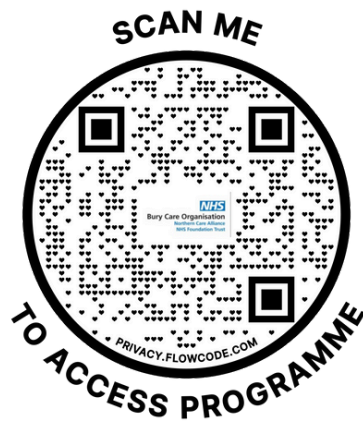
Can-Do was created *with* parents *for* parents and your thoughts matter. We read every bit of feedback you give and make changes as we grow.

We appreciate your feedback always!

HOW TO START

It is really easy.
Scan the QR code from 3/3/25 and follow it into WhatsApp.

Don’t forget to press ‘Access the Course’ to start



THE CAN-DO ETHOS

Can-Do was created in **2020** when the world was in **lockdown**.

30 parents worked with me online and Can-Do was created. It has helped **6000** families since.

It has some very important **beliefs** that run through it to **guide** the programme.

WHAT THEY CAN DO

Focus on what your child can already do.

It can be easy to focus on what your child isn't doing or can't do.

But focusing on these things makes it hard to know how to help.

DO MORE OF WHAT THEY CAN ALREADY DO AND WATCH THEIR PROGRESS

ALL DAY EVERY DAY

Speech and Language Therapy sessions are important but they are only for an hour.

What makes the most difference is what happens for the rest of the time around the session and that is what I am going to teach you.

It is all the little moments that make the biggest difference.

THE ADULTS HOLD THE KEY

We often look for the children to change and learn new skills but what the last 5 years has proved over and over again is that when the adults get their interaction and the environment right for the child, the child succeeds



CELEBRATE INDIVIDUALS

We celebrate individuals in Can-Do. We know each child is on their own journey and that may look different to other children's but it is never wrong. Because of this we celebrate each child for who they are.

THE HOME OF CAN-DO

SUPPORT PARENTS

Parenting is **HARD!**

Parenting a child who is a late talker is even harder.

We support parents so they feel empowered, excited about the future and find the joy even on the hard days.

Finding your community will really help with this!

Let's create a team and support our children together

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