

CORE WORD OF THE MONTH **GO!**



One Little Word. Endless Possibilities.

WHAT IS A CORE WORD?

Core words are powerful words we use every day. They help children communicate during play, daily routines, and meaningful moments. One simple word like **GO** can open the door to requesting, playing, participating, and connecting with others.

COMMUNICATION HAS POWER.



THREE WAYS TO SAY GO

TOUCH IT



Use AAC, a communication board, or a picture to say **GO**.

SIGN IT



Use the sign for **GO** or another intentional gesture.

SAY IT



Whether your child says: "GO," "guh," "o," or even "do," every communication attempt matters. Celebrate the attempt while continuing to model the correct word: **GO!**

REMEMBER...

COMMUNICATION HAS POWER.

Every time your child communicates—through a look, gesture, sign, picture, device, or spoken word—they discover that communication changes the world around them.

Those little moments become little steps.
And little steps lead to big successes.



INSIDE THIS HOME KIT

2

MODEL • PAUSE • CELEBRATE

Simple strategies that help children learn to communicate.



3

PLAY-BASED GO ROUTINES

Fun games, movement, songs, and predictable pauses.



4

GO AT HOME AND ON THE GO

Easy ways to practice during everyday routines.



5

EVERYDAY GO ACTIVITIES

Real-life ideas using bath time, swings, balloons, slides, siblings, cars, races, and more!



6

GO PRINTABLES & ENCOURAGEMENT

Printable icons, the **GO** sign, fostering speech tips, and encouragement for families.



**YOU ARE YOUR CHILD'S
FIRST AND BEST TEACHER!**



GO!

★ MODEL, PAUSE, CELEBRATE ★

The 3 Keys That Help Children Learn to Communicate

1 MODEL

Show your child how to use **GO**.

- Use AAC, the sign, a picture, your words, or a gesture.
- Model during play, routines, and natural moments.
- Show it often and make it a part of your everyday.



2 PAUSE

Give your child time to think, process, and communicate.

- Pause after you model.
- Watch and wait.
- Those few seconds give your child the chance to try.



3 CELEBRATE

Every intentional communication attempt counts!

- Celebrate all attempts—big or small.
- Use smiles, cheers, high fives, and excited words.
- Your response helps your child keep communicating!



EVERY ATTEMPT COUNTS!



Says
"GO"



Signs or
Gestures



Uses AAC
or a device



Looks
or Points



Makes a sound
or vocalizes



Honor the message first, then gently shape the way it is communicated.



REMEMBER...



- **Modeling** teaches your child what to do.
- **Pausing** gives your child time to try.
- **Celebrating** helps your child want to try again!
- Keep it fun, natural, and positive.
- Small steps today lead to big communication tomorrow!



GO!

PLAY-BASED GO ROUTINES

Make it fun. Make it meaningful.

SWING SONG



This is the way
we swing,
on the swing,
swing on the swing,
swing on the swing.
This is the way
we swing,
on the swing...

STOP!



Get in front of your child at
eye level. This helps improve
joint attention and sharing of moments.

CARS



Line up the cars.
Push the car
down the ramp
or across
the floor.

**Ready,
Set...
GO!**



Pause and wait.
Let your child take a turn.
Then do it again!

BUBBLES



Blow bubbles.
Pause, wait...

**"Ready,
Set..."**

GO!



Watch your child
reach, pop, and smile.
Take turns!

BALLOONS



Blow it up.
Pause, wait...

**"Ready,
Set..."
GO!**

Let it go and
watch it fly!



Look up together.
Celebrate the fun!
Do it again!

MOVEMENT ROUTINES



Jump, spin, crash,
run, climb...
Pause before each
movement and say
"Ready, Set..."

GO!



Change it up!
Make it silly!
Keep your child excited
and engaged!

SIMPLE SONGS



Use songs with
predictable pauses
so your child can
join in with

GO!



Clap, stomp, tap,
and pause.
Then wait for them to go!



PREDICTABLE PAUSES = OPPORTUNITIES TO COMMUNICATE!

Use short, predictable phrases and pause
before the fun happens.
This gives your child the chance to say,
sign, point, or use their device.

**"Ready,
Set..."
GO!**

BE READY TO WAIT!



Those few
seconds of
waiting help
your child grow
as a communicator!



Keep on stepping... because **little** steps lead to big successes.



GO!

GO AT HOME AND ON THE GO

Take **GO** with you everywhere!

The more opportunities your child has to use **GO**, the more powerful communication becomes!

BY THE DOOR



Use GO when you:

- leave the house
- go outside
- get in the car
- start a fun activity

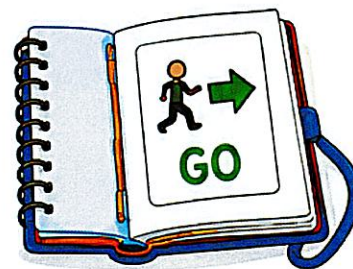
REFRIGERATOR



Put GO where your child can see it when asking for:

- a snack
- a drink
- to open the fridge
- to try something new

MINI COMMUNICATION BOOK



Keep a small book with GO in it for quick, easy access anytime, anywhere!

TAKE IT WITH YOU



Put GO in your:

- backpack
- purse
- car
- diaper bag

So it's always ready when you are!

EVERYDAY ROUTINES



Use GO during daily routines:

Start, continue, finish, or move on!
Make it part of your day.

REMEMBER



Wherever you go,
GO can go too!



Small moments.
Big impact.
Every time.



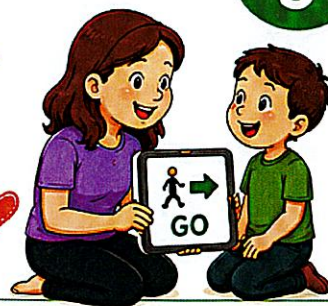
**MAKE IT EASY.
MAKE IT FUN.
MAKE IT EVERYWHERE!**

The more your child sees, hears, and uses **GO**, the stronger their communication grows!



GO!

Make It Part of Your Life

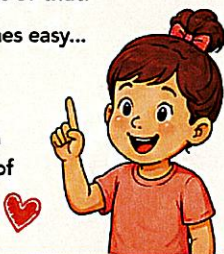


★ START SMALL. KEEP ADDING ONE AT A TIME.

Choose one routine you already do every day and make GO part of that.

When it becomes easy... add another.

Little by little, communication becomes part of everyday life.



BE SURE TO MODEL THEIR MODE!

Modeling shows your child how to communicate.



SAY IT



SIGN IT



POINT IT



SHOW IT

Model often. Wait. Celebrate every attempt.

≡ EVERYDAY GO ACTIVITIES – LOOK FOR NATURAL OPPORTUNITIES! ≡

BATH TIME



Pour water.
Ready... Set...
GO!

PLAYGROUND



At the top...
Ready... Set...
GO!

SWING TIME



Swing... Swing... Swing...
and then we STOP!
Pause. Smile. Wait.
Then... **GO!**

★ THERAPY TIP

Sit or stand in front of your child at eye level when it's safe to do so. This encourages joint attention—sharing the same moment together—which is a building block for communication.

BALLOON TIME



Blow it up.
Ready... Set...
GO!

IN THE CAR



Before backing out...
Pause. Look.
Model **GO**.
Then start driving!

READY... SET... GO!



Run, jump, spin,
race, push, roll...
Almost anything
can be a
Ready... Set... **GO!**



Anything can become a Ready... Set... GO! game. Turn everyday moments into opportunities!



THE 10 TIMES A DAY CHALLENGE!

You don't need hours of therapy. Look for 10 natural opportunities during your day.



Get in and out of the car five times...
That's 10 opportunities to model GO!

OR



Pause the swing every minute during a ten-minute swing...
That's another 10 opportunities!



Ten opportunities each day... becomes 70 opportunities every week. Those little moments add up to meaningful communication!



REMEMBER...

- ♥ You don't have to be perfect.
- ♥ You just need to be present.
- ♥ Keep showing up.
- ♥ Keep modeling GO.
- ♥ Watch communication grow!

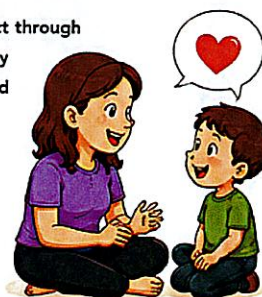


Every attempt is a step forward!



CONNECTION FIRST. COMMUNICATION FOLLOWS.

When we connect through play and everyday routines, our child feels safe, seen, and understood. That's when communication can grow!



Small moments. Big impact.
One routine at a time. One word at a time.
Soon, communication will become part of your everyday life.



GO!

GO TAKE-HOME TOOLS



Cut out and use these tools at home! Put them on the fridge, in your planner, on your device, or anywhere you need a reminder to use GO!

PRINTABLE GO ICONS

LARGE ICON



MEDIUM ICON



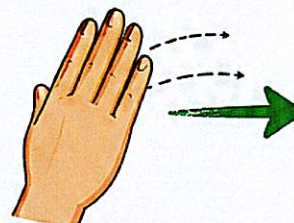
SMALL ICONS



Use these smaller icons for schedules, communication boards, or on the go!

SIGN FOR GO

From in front of your body, move your hand forward in the direction of GO.



A simple sign can make a big difference!



HONOR THE MESSAGE FIRST.

Celebrate every communication attempt. Then gently model the expected response.



FOSTERING SPEECH

If your child is beginning to imitate sounds, every attempt matters!

EXAMPLES OF ATTEMPTS

GO

guh

oh

"dough"



YOU CAN SAY...

GO!

Celebrate the attempt. Then model:

GO!



You are your child's best teacher.

Little moments.
Lots of love.

Big communication.



YOU'VE GOT THIS!

Keep on stepping... because little steps lead to big successes.





ABOUT THIS RESOURCE

A reusable information page for Building Kid Steps parent resources

This informational page does not need to be printed to use the activities.

EDUCATIONAL USE NOTICE

This resource is provided for educational purposes only. It is intended to support - not replace - individualized evaluation, diagnosis, treatment, or recommendations from a qualified healthcare or educational professional.

Every child is unique. Please adapt activities to the child's abilities, communication system, developmental needs, and safety requirements.

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CREATED TO SUPPORT EVERYDAY CONNECTION

These materials were created to help families support communication, movement, learning, and connection through simple everyday moments.

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