

## Is Picture Exchange Appropriate for my Child?

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The theory behind picture exchange is that it provides children with a self-driven means of communication (not merely imitating or responding to the question “What do you want?”), as well as helping children who have trouble with the motor planning of words.

Picture exchange is **NOT** meant to replace spoken language, but rather to enhance it. Picture exchange allows the child more language and freedom of expression than she may otherwise have.

Picture exchange is a large commitment for a family. Especially in the beginning when it requires two adults (a facilitator and a communicator) to help the child. This is because the communicator should not prompt the child to use language (language should be self-driven). It also requires consistent practice with multiple repetitions per day. This commitment may not be practical for many families. If you are interested in using picture exchange with your child, but you do not think the commitment is practical for your family—talk with your therapist. You can brainstorm modified techniques and incorporate some aspects of picture exchange into your therapy sessions.