

## Speech and Language Therapy

# Object of Reference

### What is Object of Reference?

Object of Reference is using real objects related to a situation to support children to understand basic routine information e.g., what is happening or what happens next. It's often used to support children who do not understand words, pictures or symbols.

### How to set up Object of Reference?

- ✓ Identify the person, activity or event that you want the child to understand
- ✓ Choose an appropriate object associated with the person, activity or event to support the child's understanding e.g., plate= food time; toilet roll = toilet; ball= playtime.
- ✓ It's best to start with around 3 objects to represent high frequency routine/ activity/ people to ensure the child is not overloaded with too much information. More objects can be added at a later stage.
- ✓ Keep the objects in one consistent place e.g., An Object of Reference box.



### How to use Object of Reference?

1. Take the object from the Object of Reference box e.g., Toilet roll
2. Show it to the child's sight and model the language e.g., it's toilet time
3. Encourage the child to hold the item e.g., hold the toilet roll while walking to the toilet. If the child doesn't want to hold it, the adult can hold it and ensure the object is at the child's eye level.
4. Ensure consistency to support the child to understand the connection between the object and the activity.
5. When the child finish with the activity, encourage the child to put it in the finished box or the adult can put the object into a finished box.
6. Once the child shows an understanding of the introduced Object of Reference, adults can offer choices related to the activities.

## How could Object of Reference look:



### Objects with Symbol attached

### Top tips for using objects of reference:

- Focus on 5 key objects, this could be routine that the child is familiar with i.e. toilet, outside, water play, snack time, small world.
- Give it time; Give the child time to get use to and become familiar with the objects.
- Be consistent; Being consistent with using the objects will allow the child to develop better understanding of their routine.
- Keep the objects in one place; this makes it easy for you and the child to access, you may have them in a bag, box or on a display board so they are ready at every transitions.

**Resources:** See resources below about Object of Reference

- Leeds Mencap: [Objects of Reference - Leeds Mencap](#)

- Sense: [Objects of Reference - Sense](#)

- Integrated Treatment Service: [Objects of Reference - Integrated Treatment Services](#)

**If you have any comments about this leaflet or the service you have received you can contact :**

Children's Therapy Services  
Speech and Language Therapy  
Princess Royal Community Health Centre

Telephone: 01484 344299

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"