



# JOSH

## COMMUNICATION CHART

### AT THIS TIME

### JOSH DOES THIS

### WE THINK IT MEANS... AND WE SHOULD...

During the day.

Rubs his eyes and yawns.  
Starts to thrash his arms and legs  
and arch his back.

He is tired.

Help him go to sleep.

Meal times.

Cries.

You are not feeding him quickly  
enough or he wants a drink as well.

Try feeding him more quickly  
or offer him a drink.

Meal times.

Josh moves his head away  
and shuts his mouth.

He wants a rest or a drink.

Pause and offer him a drink.

Meal times

Josh cries, moves his head away  
and starts to move his body, arms  
and legs in a restless way.

He has had enough.

Stop and take him out of the high  
chair and give him a cuddle.

Meal times.

Grabs the spoon.

He wants to feed himself.

Help him to do this, but be aware that he  
may accidentally hit himself and get it in  
his eyes if you leave him with it.

Teeth cleaning.

Grabs the toothbrush.

He wants to brush his teeth himself.

Help him to do this, but be aware that he  
may accidentally get it in his eyes or gag  
on the brush if you leave him with it.