

Why Talking Mats Works



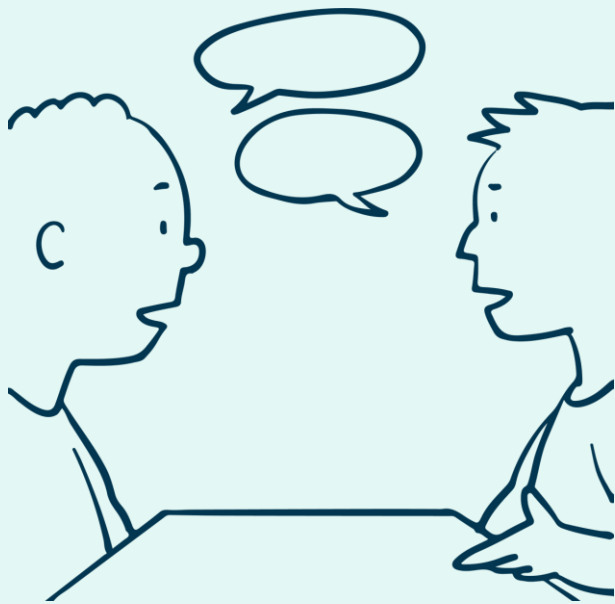
Supports understanding - breaks down topics and gives processing time

Supports expression of personal views and feelings



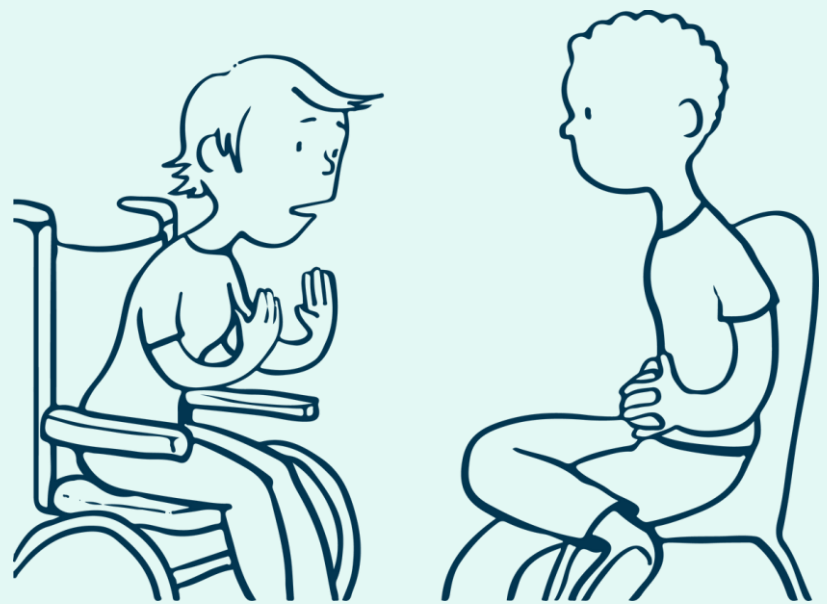
Focuses attention; the conversation is on the mat, which supports memory

Side by side listening helps to reduce anxiety



Talking Mats helps children and adults to:

- understand what is being discussed
- reflect and organise their thoughts
- say what matters to them
- record their views



Talking Mats helps staff and carers to:

- really listen
- learn new information
- involve the person in their own planning
- simplify abstract ideas
- support decision-making