

Raising Bilingual Children: Strengths, Myths and Support

Sosalin Communication Services



Bilingualism is a superpower — not a speech delay. Here we address the most common myths about bilingual children and communication, and share what the research really tells us.

The Reality of Bilingual Language Development

Bilingual children are sometimes referred for speech and language therapy because they appear to have a “language delay.” In many cases, this is not a delay at all — it is a normal feature of bilingual language development.

Common Myths — Debunked

Myth 1: Speaking two languages confuses children. Research shows children can learn two languages simultaneously from birth without confusion. Code-switching is a normal, sophisticated linguistic behaviour.

Myth 2: You should only speak English at home. This advice isn't supported by evidence. A strong foundation in the home language actually supports English acquisition.

Myth 3: Bilingual children always have smaller vocabularies. They may have fewer words in each individual language, but their total vocabulary across both languages is typically comparable to monolingual peers.

When Is a Referral Appropriate?

A bilingual child should be referred for assessment if they show difficulties in **both** languages — not just English. Look for limited vocabulary in the home language, difficulty following instructions in either language, or social communication challenges.

Culturally Competent Assessment

At Sosalin, we are committed to culturally competent practice. We work with interpreters and use assessment tools appropriate for bilingual children. Contact us to discuss your child's needs.

Get in Touch

info@sosalin.com | 07388 940 466

66 Paul Street, London EC2A 4NA