



Self-Talk

What is it?

Self-talk is a simple technique that can be used in everyday situations. It explains and describes what is being done in everyday situations while it is taking place. The aim of self-talk is for your child to learn new words and sentences in a manner that does not overwhelm them. The adult uses a level of language matched or just above the child's language. Self-talk works best when done in the "here and now". Talk about what your child is doing as they do it.

It is important to **REPEAT, REPEAT, REPEAT!** Children need to hear a word several times before they understand what it means and begin to use it.

How is it done?

Parent (while your child is helping to wash the dishes): "Pick up the spoon, put the spoon in the water, wash the spoon, put it away".

Parent (while child is playing with cars): "Car, it's a red car, drive the car, on the mat".

Remember: In using self-talk you are simply commenting on what your child is doing, not asking questions.

