

THE BEST WAY TO IMPROVE YOUR CHILD'S LANGUAGE IS TO TALK TO THEM! IT SOUNDS SO SIMPLE - AND IT IS!

WHAT IS SELF TALK?

Self talk is simply talking about what you're doing. You're going to feel like you are just talking to yourself but it will help! It is a bit like you are giving a running commentary. Use an animated and excited voice to make talk fun and engaging.



SELF TALK ENCOURAGES LANGUAGE!

When you are around your child, talk about what you are doing. Describe what you are holding, the actions you are performing, what you see, how you feel, and what you hear, smell, or taste. Your child will learn from hearing you talk about all of these things. The key here is to keep your utterances short. As a general rule, you should speak in phrases that are the same length as your child's typical phrases or slightly longer. Don't be afraid to repeat those same words many times. These children learn best through repetition!

SELF TALK - THINGS TO REMEMBER

- Talk about what you are doing while you are doing it. Describe what you're holding, what actions you're doing, what you hear, smell, taste, etc. Talk about everything!
- Keep it short! Try using utterances that are the same length or one word longer than the utterances your child usually says. Self talk is most effective when you use short and simple language. This is probably just 1-2 words at a time. You could say "Mommy eat" or "eat apple" instead of long and over complex utterances.
- Repetition is key! Keep repeating common words and phrases over and over again for your child. The more the child hears it, the more likely they will be to pick it up.

HOW PARENTS CAN MAKE A DIFFERENCE AT HOME

Practice using self-talk around your child for at least 10 minutes every day this week. You don't have to specifically sit down with a certain activity to do this, just use self-talk during normal activities and daily routines. Keep in mind, 10 minutes per day is the absolute minimum. Try to use self talk as often as possible. If you can keep it up for most of the day, your child's language will explode!

