

Self-Talk

Self-talk is a technique to promote your child's language development. Self-talk means *to talk about what YOU are doing, seeing, eating, or touching*. In other words, *narrate your actions*.

Advantages of using self-talk:

- Increase age-appropriate language input during play and daily routines
- Increase motivation to imitate your speech
- Introduce new play behaviors and skills to your child

Examples:

- “Mommy’s washing the dishes. Now, I’m drying them. All done.”
- “I see a doggie. He’s a big doggie. Jackson is a big doggie”.
- “I’m cooking. I’m making mac and cheese. Yummy!”

Notes:

- ★ Use age-appropriate words and phrases
- ★ Do not require your child to imitate
- ★ Avoid questions and giving instructions