

Self-talk

What is self-talk?

- Self-talk is using child-friendly language to describe what YOU are doing when you are with your child.
- You can talk to your child about what you are touching, seeing, feeling, smelling or hearing as you are experiencing it in the moment.
- Self-talk is important for your child's language development as it engages your child in conversation. It allows your child to hear all the different words that you are saying so that they can start to understand what these words mean and how to use them.

How can self-talk be used?

- You can use self-talk any time that you and your child are having a shared interaction, that is, any activity that you and your child are participating in together.
- Below are just some examples of times in the day when you may be able to incorporate self-talk into your routines.



You may wish to use self-talk when completing your child's bath time routine. You can talk about the steps you are undertaking when bathing your child. For example:
"Pour water. Soap on. Rinse the soap off. All done!"

You could also use self-talk at any of your child's mealtimes. You may choose to narrate what you are doing as you prepare your child's food, or you could even talk about what you are doing as you are helping to feed your child. For example:

"Here's your sandwich. I'm cutting it into little triangles. Put it on your plate. Time to eat!"



Another activity where you can use self-talk is when you are dressing your child. You could name the items of clothing that you are putting on your child. You could also describe the colours or patterns of each piece of clothing. For example:
"Let's put on your pretty pink t-shirt. Over your head. Now put your arms through. All ready!"

