



**As parents you are your child's first exposure to communication development, using these techniques in daily activities and play will aid your child's language development and communication with others.**



## **How to aid your child's language development**

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-  **Self Talk**
-  **Parallel talk**
-  **Expansion technique**

## Self Talk

### what is self talk?

Self talk is when the parent is describing the action they are doing while playing with their child.

### Why is self talk important?

Self talk is important in building language and improving a child's communication by illustrating different words that describe the action.

### How to implement it during daily activities and play.

When playing games with your child such as colouring or tea party, you can tell your child what your doing. Saying things like " I'm going to colour inside the lines", "oops i coloured outside the lines" or "I drank a delicious cup of tea", are ways to describe what your doing when playing with your child.

## Parallel Talk

### what is Parallel talk?

Parallel talk is when the parent is describing the actions of their child during their activities or play time.

### Why is parallel talk important?

Similar to self talk, Parallel talk helps the child improve language and communication. It allows the child to understand the context and develop increased vocabulary.

### How to implement it during daily activities and play.

During activities and play time the parent can comment on what they are doing throughout the activities and play. For example parents can say things like "you're racing the green and blue toy trucks", "you are pushing the green truck fast!", "You made the blue truck win!"

## Expansion Technique

### what is the expansion technique?

This technique is when the parent repeats the child's sentence and completes the child's statement or add more information in relation to what the child says.

### Why is the expansion technique important?

Expansion technique helps with speech and reinforces what the child is saying. It helps in expanding the child's grammar and communication skills.

### How to implement it during daily activities and play.

You can implement this technique in conversation like this:

child: baby laughing  
expansion: yes, the baby is laughing because her friend told her a funny joke

child: her hurt?  
expansion: Is she hurt?

### why doing these help the child

All these techniques will maximize and strengthen your child's vocabulary development as well as their overall language development