

# How to Carryover Speech and Language Strategies at Home

## “Parallel Talk” and “Self-Talk”

### Parallel Talk

“Parallel Talk” is when you talk about what **your child** is doing, seeing, touching, etc. This is a great strategy to use when you are playing with your child. Keep your language child-friendly! Pair words like “in”, “on”, and “go” with objects.

*For example: “You have the ball! Wow! You threw the ball! Nice throw!”*

### Self-Talk

“Self-talk” is when you talk about what **you** are doing, seeing, touching, etc. Think of yourself as the narrator of your own story. This is a great strategy to use when you are doing chores around the house. Remember to keep your language child-friendly.

*For example: “I’m washing dishes. Time to dry. I’m all done!”*

## \*\*Important Things to Remember\*\*

- Do not expect your child to repeat what you say.
- Self-talk and Parallel talk should not be a non-stop narration of everything your child is doing.
- Keep your language simple and child-friendly.
  - You want to speak in short phrases like “throw ball” or “washing dishes” rather than “Right now I am washing the plate and drying the spoon”.
- These strategies are meant to encourage a child and model that language is meant to be used!

