

Self Talk and Parallel Talk

These are two simple ways to build a running commentary around your child's day - giving them a steady stream of words to listen to and learn from, no pressure to respond.

Self Talk

Talk out loud about what you see, hear, feel and do - your own actions, narrated as you go.

Parallel Talk

Talk out loud about what your child sees, hears, feels and does - narrating their actions back to them.

Why it works:

This kind of talk gives your child ongoing opportunities to listen and learn new sounds, words and sentences - with no expectation that they repeat anything back.

Example: Mum and child putting out the washing

"I'm hanging up the shirt."

"Oh, now you're giving me Daddy's sock!"



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