

# SELF & PARALLEL TALK

A Listening and Spoken Language Strategy

## WHAT is it?

“Self talk” is talking out loud about what you are doing, seeing, hearing, or feeling.

“Parallel talk” is talking out loud about what your child is doing, seeing, hearing, or feeling.

### WHY do we use it?

The amount of meaningful language young children hear makes a big difference for their future! It can increase their vocabulary, their reading skills, and their success in school.

### WHEN do we use it?

The goal is to have them hear as much meaningful language as possible and we don't expect them to respond. So, you can start using these strategies when your child is an infant and continue through preschool and early grades.

## HOW do we do it?

### Just start talking!

An easy way to begin is by narrating what you are doing, like you are a radio commentator.

It might feel weird at first but it will get easier with practice.

**Who**  
can use it?

Anyone!

Parents, family members, teachers, and therapists can all use LSL strategies to support your child's listening and spoken language development!

## WHAT does it look like at home?

### Self Talk:

#### At the grocery store with child in the cart:

**Parent:** “I need to get bread, milk, and eggs. I will get the bread first because it is close by, then the milk that is in the back of the store. Oh, they put the bread on a new shelf. I almost couldn't find it!”

### Parallel Talk:

#### During bath time:

**Parent:** “You are crying. You don't like taking a bath. But here is your ducky, quack quack quack. He loves the bath. You are helping him swim in the water!”

### References:

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