



EARLY SPEECH AND LANGUAGE STRATEGIES AT HOME

PARALLEL TALK

Narrate the actions of your child to create a language rich environment.

- For example, as your child is getting in the car to go to school, provide continuous language modeling by narrating each step.
 - “I like how you are sitting in your seat. Now it’s time to put your seatbelt on. You brought the seatbelt all the way around. Now you are waiting so patiently!”

SELF TALK

Narrate your own actions to create a language rich environment.

- For example, you can narrate while doing an everyday activity such as making a meal.
 - “I am dumping pasta in the bowl. Now I need to pour the cheese on top. Look at all this cheese! I am pouring cheese all over the pasta! Stir it up! I am stirring. Now the pasta and the cheese are mixed together. I am smelling the food. It smells delicious!”

TOY TALK

Narrate the actions of toys during play to create a language rich environment.

- Play is a great opportunity for learning. While your child is playing, describe toys and narrate their actions.
 - “This is a blue car. The blue car is going under the bridge. Wow! The blue car is fast! It has four wheels. The wheels are spinning. The blue car is in front of the red car. The blue car is the fastest! The blue car won the race!”

REPETITION

Repeat new vocabulary words as frequently as possible.

- Name items in your routine frequently. This can be easily implemented while you are already using another narrating strategy (e.g., parallel talk). In the example below, the word “toothbrush” is used 4 times.
 - “Here is your toothbrush. You are putting the toothbrush on the counter. Now you are putting toothpaste on your toothbrush. Time to brush! You are cleaning your teeth with your toothbrush!”

COME DOWN TO YOUR CHILD’S LEVEL

By sitting close and at a lower level, your child has a better view of your face. Encourage your child to look at your face.

- To bring attention to your face, you can try holding a toy up near your mouth.

SONGS

Repetitive preschool nursery songs are a great opportunity for repetitive language. These songs are great for building language. You can practice specific sounds and build phonological awareness through rhyming. Many songs also give children opportunities to practice following directions too.

- Give your child opportunities to fill-in-the-blank by pausing at a repetitive part the child knows.
 - “If you’re happy and you know it, clap your ____.”