



What Is My Child Learning?

Your child is learning that self-talk is when you talk to yourself in a quiet voice or in your head. Your child is also learning to use self-talk to stay on task and remember directions.

Why Is This Important?

Self-talk is an important learning tool that children can use to help themselves listen, follow directions, and focus.

Ask your child: What is self-talk? *Second Step answer: When you talk to yourself in a quiet voice or in your head.*

When are some times you use self-talk? *Possible answers: When I repeat directions to myself. When I switch on my attent-o-scope. When I want to ignore someone who is distracting me. When I need to focus on my work.*

Practice at Home

When you see your child becoming distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from the activity below. For example:

I see you are having trouble focusing on getting ready for school. What can you say to yourself to help you stay on task? Wait for your child to respond. **What is the first thing you need to do?** Wait for your child to respond. **What is the next thing you need to do?**

Activity

Help your child come up with self-talk to help stay on task in the following daily scenarios. Then write one other daily task and fill in the self-talk to use for that task.

Getting Ready for School	Getting Ready for Bed
<p>Picking Up Toys</p>	<p>_____</p>

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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