



**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 that 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.*

**Practise 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><b>Picking Up Toys</b></p>	<p>_____</p>

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