



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 focus on a task, ignore distractions, and remember directions.

Why Is This Important?

Self-talk is an important learning tool children can use to help themselves listen, follow directions, focus, ignore distractions, and stay on task.

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

What can self-talk help you do? Possible answers: Focus attention, follow directions, ignore distractions.

When are times that you use self-talk? Possible answers: When there are distractions. When I repeat directions to myself so I can remember them. When I'm trying to focus on my work. When I switch on my attent-o-scope.

What can you say to yourself to help you focus? Possible answers: Pay attention. Focus. Listen.

Practice at Home

When your child becomes distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from your discussion above. For example:

I see you are having trouble focusing on getting ready for bed. 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

Check off one task and one distraction from the lists below, or come up with your own. Then have your child complete the task using self-talk to ignore the distraction.

Tasks	Distractions
<input type="checkbox"/> Match socks pairs from a clothes pile	<input type="checkbox"/> Play music
<input type="checkbox"/> Tie shoes	<input type="checkbox"/> Talk on the phone
<input type="checkbox"/> Put toys away	<input type="checkbox"/> Have others in the room doing something else
<input type="checkbox"/> Read a book	<input type="checkbox"/> Walk around your child
<input type="checkbox"/> Wipe the table	<input type="checkbox"/> Tap your foot/snap fingers
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

Self-talk words your child used to ignore the distraction and stay on task:

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