

Narration/Self-talk

Talk about what you are doing. Narrate the activity you are completing together. You can keep narration simple using repetition of a few words or you can use a variety of vocabulary to increase the number of different words your child is hearing. During self talk there is no expectation of imitation or production from the child. You are only providing good language models.

Repetitious narration:

“Time for bath”, “Go take bath”, “Turn on/off bath”, “Get in bath”, “Bath is warm”, “I like taking a bath”, “Wash hair”, “Wash head”, “Wash face”, “Wash belly” (etc), “Bath is all done”, “Empty bath”, “Get out of bath”

This allows your child to hear a few words multiple times to increase their understanding and hopefully use of the word.

Variety narration:

“It’s time to take a bath”, “Let’s go to the bathtub”, “Turn on water”, “Fill the tub with water” “Not too hot and not too cold”, “Let’s take off shirt/pants/socks (as you’re taking of each piece of clothing)”, “Time to get in”, “Oooh the water is warm”, “Get the washcloth”, “Put on soap”, “Let’s wash hair/face/belly/legs as you wash each body part”, “Everything is washed now we need to rinse it off (you can go through each body part again)”, “You’re all clean”, “You’re all done”, “Drain the water, “Get the towel”, “Dry off”.

This allows a variety of vocabulary words to be modeled.

Try adding in narration to your daily routine. Once you get the hang of it, you may start doing it without realizing it.

Daily tasks that you should narrate daily:

Bath routine

Teeth brushing routine

Bed routine

Getting Dressed

Making a favorite snack/meal

Playing with baby dolls/stuffed animals

Getting in/out of the car

Making bed

Doing laundry

Going to the bathroom/diaper changing

Washing hands

Feeding animals

