

Self-Talk!

An excellent way to model American Sign Language is to self-talk. Self-talk is when you talk about the things you do as your child watches - the same way you might speak to a hearing child during routine activities: “time to change your diaper!”, “we are cooking pasta for dinner”, “time for a bath, where is the soap?”

How to use Self-Talk: First figure out what level of signing your child is currently using (ex. Using one sign at a time, or two to three signs forming a sentence), then use phrases that are a little more advanced (ex. If they are using one sign at a time, you try to make two to three signs). Using the noun-verb sentence order, sign about what you are doing, seeing, feeling and hearing even if you think your child isn't watching. Chances are they are watching out of the corner of their eyes or will look up eventually and see you sign out loud to yourself. Make sure you use simple signs and phrases that your child can understand.

Below are some examples of how to use self-talk in ASL grammar during different times of your child's day.



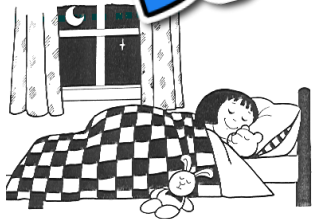
- NOODLES BOIL BUBBLING
- LETTUCES, ME CUT
- VEGETABLES PUT PAN
- MEAT, S-P-I-C-E, SPRINKLE
- SAUCE, HOT BUBBLING
- SAUCE, STIR STIR
- SPOON/FORK/KNIFE TABLE ME PUT
- DADDY COOK, ME CLEAN
- APPLE, ME CUT
- PLATES, ME WASH



- GARBAGE FULL, DO-DO?
- GARBAGE BAG-TIE
- TABLE/WINDOW/FLOOR DIRTY, DO-DO?
- TABLE WASH
- WINDOW WASH
- FLOOR SWEEP
- FLOOR MOP
- BUCKET, WATER FILL
- WATER, HOT
- SOAP ADD



- TIRED ME, DO-DO?
- BED+TIME
- TEETH BRUSH
- TOOTHPASTE, BRUSH PUT
- BOOK, READ ME
- BED, ME GO



- CAR CL:3+FAST
- DOLL WALK HOME
- DOLL DRESS ON
- L+E+G+O BLOCK BUILD
- RED BLOCK ON BLUE BLOCK
- BLOCKS FALL!!



Make sure to include self-talk frequently throughout the day. The more self-talk you use, the more access your child will have to ASL!