



Tricks of the Trade

RiteCare of Utah is a parent-training program. This means that we make it our goal to teach YOU how to do what WE do. Here are a few strategies we use in therapy that YOU can use at home!

“Parallel Talk” and “Self Talk”

Parallel Talk

Parallel talk is when you describe what your child is hearing, seeing or doing. When you use parallel talk, you are like a broadcaster. You watch the action and describe it to your child *without* expecting a response. Parallel talk is not for asking questions or probing for information.

If your child is playing blocks, you might say:

“You put the **green** block on top of the **blue** block. Blocks are getting tall! Uh-oh, CRASH!”

Tricks of the Trade continued...

Self Talk

Self talk is when you describe what you are doing as you do it. You provide the words to describe your actions, *without* expecting your child to respond. If you are playing babies with your child you could say:

“I am getting a spoon to stir. I am stirring the food. I am feeding the baby with the spoon.”

Try these simple techniques and watch your child’s language grow!

MEET YOUR THERAPIST

Jacque Owens-Montgomery

Jacque grew up in Green River, Wyoming. She attended Utah State University and received her Master’s Degree in Speech Language Pathology. Jacque has spent the last ten years working with Early Intervention, babies birth-3 years. She enjoys working with parents to help them to help their children succeed.

“I believe that the parent is a child’s most important teacher.”

When she is not working as a Speech and Language Pathologist, Jacque enjoys spending time with her husband Stephen and their two boys Owen and Alex. She enjoys day hikes in Utah’s beautiful mountains, reading, and has recently learned to knit.

Student Highlight

Cameron



Cameron is a 10-year-old twin who was diagnosed at birth with a rare form of liver cancer. He endured several rounds of aggressive chemotherapy, which his parents later found out permanently impaired his ability to hear. They discovered his hearing loss when he was just 4 years old and about to enter kindergarten. It was difficult for him to communicate and other people also had difficulty understanding him. He was fitted for bilateral hearing aids, which he wears to this day. Although his hearing aids helped, Cameron still struggled with speech.

Cameron's parents found out about [RiteCare of Utah](#) when he was 7 years old. With a focus on articulation, grammar and building his vocabulary, Cameron's communication skills have greatly improved. Cameron's mom says, **"His speech pathologist, Emma, has been simply wonderful. Her patience and compassion toward Cameron has been so rewarding...He looks forward to his visits with her every week." Although Cameron still struggles a bit, his self-confidence shines through. **"We can't thank [RiteCare](#) enough for the help they have provided Cameron."****



PARENT WORKSHOP SERIES

Who: RiteCare provides services for children birth-12

Where: SL Masonic Temple (650 E. South Temple, Salt Lake City, UT 84102)

RSVP: sarah.farr@ritecareutah.org

When/Topic:

October 3: How to manage tricky behavior

October 10: How to help my child use words and sentences to communicate

October 24: How to help my picky eater

November 7: Building understanding

November 14: Choosing the right toys and books to build language

November 28: Improving play and social skills

*All classes 6-7pm

*Parents only



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- It's easy! A simple designation can bring incredible support to **RiteCare of Utah!**

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<http://giving.utahscottishrite.org/>