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Step 1:

Print out this sheet and cut out the DigiTalk conversation cards.

Step 2:

Choose an option that suits your family – you can try one approach or experiment with all three.

Option 1 - Choose your own adventure: Place the cards on your kitchen table face down and draw a card from the deck. Use that to start your chat.

Option 2 - Plan the week: Stick a different card on the fridge each week and make it a priority to chat about that topic some time across the week.

Option 3 - Share the responsibility: Lay out all the cards on the table face up. Take turns with your child and each choose a topic to discuss until you have worked through them all.

No matter how you choose to use the cards, it's important to have the DigiTalk. And don't forget, these topics are just the start. Your family's DigiTalk should grow and evolve along with your family.





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