Daily routines are meaningful contexts for children to learn new skills because they are predictable, functional, and occur numerous times throughout the day.

(Woods, Kashinath, & Goldstein, 2004)

ENCOURAGING LANGUAGE WITHIN DAILY ROUTINES

Daily routines include any activity that your child does regularly. Some routines include: mealtime, bedtime, playtime, outdoors play, bath time, book time, diaper change, getting dressed, etc. Because routines happen so frequently, they offer a perfect opportunity to work on language! If you use repetitive and descriptive language during routines with your child, you will have hundreds of opportunities to encourage language throughout your child’s day!

There are several ways to encourage language during routines. The examples below are geared for the home, but these strategies can be easily applied in classroom-based situations as well.

**Modeling:** This is the most important strategy. Parents model language by describing what the parent is doing (sometimes referred to as “self talk,”) and what the child is doing (sometimes referred to as “parallel talk.”) You might say “Is your diaper wet? Let’s go change your diaper and put a clean one on.” Then as you are changing the child’s diaper, you might say “You are wet. I will get a nice dry diaper for you.” When finished with the routine, you might say “Yay, we are finished changing your diaper! Now you are dry!”

**Giving choices:** Always give choices whenever possible in order to encourage your child to use a gesture/vocalization to communicate his wants/needs. For example if your child points toward the kitchen when he is hungry, give him a choice by holding up his cup and then showing him the milk & juice and asking “Are you thirsty? Do you want milk or juice?”

**Forgetfulness:** Forget things on purpose and see if your child remembers or comments. For example, just put one shoe on your child, and see if he notices. Or when singing a song, or signing a favorite book, leave out the last word. For example, “Twinkle, twinkle little ___” and forget to sign/say “star” and see if your child makes an attempt to fill in the forgotten word.

**Novelty:** Bring something new or unexpected into a child’s play or daily routine to elicit conversation. For example, while playing with farm animals make the cow say “woof woof” and see if your child notices and comments on it. When it is time to brush teeth hand him a comb and see what he says. If your child doesn’t comment, you can point it out and sign/say “We don’t use a comb to brush our teeth, we use a toothbrush.”

KSD Outreach Mission: To provide the highest quality of services, resources, and support to children ages birth-21 who are deaf/hard of hearing by collaborating with their families, their communities, and the professionals that serve them.