

Daily ROUTINES

Take advantage of daily routines and **add language**.

This is a good opportunity to: Label important actions and objects;
Repeat key words; Give a child a reason to communicate; Take turns together

Prepare your routine:

- Label the routine
(e.g., “getting dressed”)
- Mark each step, for example,
“shirt on”, “pants on”, “socks on”
- Hold up pants and wait for your
child to say or do something
- Take turns choosing what to put
on next
- Label the end of a routine
(e.g., “all done”)



Other examples of daily routines:

- bath time
- meal time
- bed time
- play time

How to connect with support:

Anyone with a concern about their child's development can contact SmartStart Hub at Lansdowne Children's Centre to start the referral process and seek support.

No diagnosis or doctor referral is required. There is NO COST to the family for accessing SmartStart Hub services, supports and resources.

Visit www.lansdownecentre.ca/speech

Call toll free 1-800-454-7186 ext. 507