

### Routines: A remarkable way to learn language



Daily routines may seem like tiresome tasks to adults. For preschool children typical routines can be full of discoveries! A family's daily routines provide regular opportunities for children with hearing loss to use language, listening and speech.

Think about what happens on an ordinary day. During certain times of the day make it a habit to converse with your preschooler while involving him briefly in typical tasks. He can learn so much from these fun and functional conversations.

What can you talk about? Anything and everything! Use words and activities that will interest your preschooler. When there is an aspect of a routine that he seems to enjoy emphasize that. Talk in full sentences to create natural conversations.

Everyone can assist in small ways. Caregivers can talk during a child's personal routines. Daycare staff might chat while playing with children. Friends may share short games. Grandparents can sing a favorite song. Siblings might do simple chores together.

Consider when you can:

1. Outline some upcoming routines at the start of the day and what will happen.
  - The conversation could be about the schedule.
  - The preschooler might help gather items for going out or discuss who he will see later.
2. Point out different household sounds when they occur during routines.
  - Conversations can be about machine noises or people sounds.
  - The preschooler might help listen for the dryer buzz or the baby crying.
3. Create reasons for routine interactions between your child and others.
  - Conversations can start with the exchange of greetings.
  - The preschooler might answer a short question or follow a simple request.
4. Read books with your child routinely, discuss the story and talk about the pictures.
  - The conversation can be about the pictures or predicting the story.
  - The preschooler can choose books, turn pages or re-tell the story.
5. Describe preparations during mealtime and what you are cooking.
  - The conversation could be about a recipe or how it tastes.
  - The preschooler might help stir or talk about who will eat the meal.
6. Follow a regular nighttime ritual for reviewing the day and getting ready to sleep.
  - The conversation could be about fun you had that day.
  - The preschooler might join in familiar song or help put toys away.

As your child's communication increases, his participation in conversations will grow. Ask relatives to find a routine to share with your preschooler. Offer examples of conversations to family members so they understand how to help. Routines are a remarkable way to encourage language.

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## Remarks to use within routines!

These are examples of language for starting, modeling and expanding conversations with your preschooler. He will discover many new ideas by watching, helping and talking during routines. Conversations can make any routine fun!

Household Routines	Concepts	Labels	Actions	Conversations
Put away	Under/in	Toys or groceries	Find bring	It belongs there.
Clean	Dust/sweep	Furniture items	Back and forth	Thanks for helping.
Sort	Big/little	Color names	Match, find	They go together.
Cook	Hot/cold	Kinds of utensils	Stir, roll	Smell that cooking.
Gardening	Hard/soft	Types of plants	Pour, pull	Our garden grows.
Repair	Broken/fixed	Tape or tools	Turn, pound	What do we need?

Personal Routines	Concepts	Labels	Actions	Conversations
Eating	More/finished	Names of foods	Scoop, chew	Yum, this is good.
Dressing	On/off	Pieces of clothing	Pull up or down	What will you wear?
Bathing	Wet/dry	Washing items	Scrub or pat	Get the towel.
Brushing teeth	Up/Down	Toothpaste, cup	Swish, squeeze	Brush some more.
Sleeping	Noisy/quiet	Bedtime story/song	Shh, kiss, hug	I love you.
Taking a walk	In/out	Objects outside	Walk, hold hands	Stay with me.

Play Routines	Concepts	Labels	Actions	Conversations
Reading	Start/end	Pictures in story	Point or tell	What happened?
Doll or toy animals	Pretend feed/clothes	Items in game	Cook, wash	Baby wants more.
Ball or trikes	Go/stop	Choices of toys	Roll or push	1, 2, 3, go!
Music	Loud/soft	Sounds in song	Dance or hop	Round and round.
Blocks, puzzles	Same/different	Shapes or sizes	Stack or fit it in	Boom, it fell down.
Digging	Full/empty	Objects in yard	Lift, move	You dug a big hole.