

CICC Preschool at Home: Communication Continues

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Daily Routines

Remember: communication is built by daily routines, so even though we aren't in school, there is lots of learning to be done at home!

Help your child to understand the words for **daily routines**. Tell them what they are doing!

For example:

- breakfast
- time to eat
- brush teeth
- sit down
- change your clothes
- shirt on
- go upstairs
- have a bath
- read a book
- tidy up
- all done
- go to sleep



You might want to start by pairing an object or picture that goes with the activity with the words. For example, when it's time to brush teeth, hold the toothbrush or a picture of a toothbrush and say "toothbrush" or "toothbrush time". Using an object or picture will help your child understand more quickly what you are talking about. You can stop using the object or photo when it doesn't seem to be needed anymore.

Challenge yourself to name your activities as you do them. Keep things predictable for your child by doing things every day at the same time. See what reaction your child shows as he or she becomes familiar!