



FIRST WORDS Project Infant Toddler Play Group

Session 3: Daily Routines and Activities

You and your child spend most of the day involved in daily routines and activities. These are some of the best times to encourage your child's communication.

A few examples include:

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|--------------------------------|--------------------|
| ⊙ eating | ⊙ cooking |
| ⊙ riding in the car | ⊙ brushing teeth |
| ⊙ bathing | ⊙ changing diapers |
| ⊙ dressing | ⊙ washing hands |
| ⊙ doing laundry | ⊙ going to bed |
| ⊙ greeting someone at the door | ⊙ playing |

To make these daily routines and activities into great communication times, try...

- Making the routine predictable so your child knows what is coming next
- Making the routine repetitive by trying to use the same words and actions each time
- Repeating the word every time you do the action
- Repeating the action over and over again
- Watching your child to see what part of the routine he or she likes to do best
- Using your voice and facial expression to make parts of the routine exciting
- Adding a new word or action

Adapted from Manolson, A., Ward, B. & Dodington, N. (1995). *You Make the Difference*. Toronto: Hanen Centre.

FIRST WORDS Project

FIRST WORDS Project 625 B North Adams Street, Tallahassee, FL 32301 - <http://firstwords.fsu.edu> (850) 488-5780
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