

How to include simple language in daily activities

Simple everyday routines helps children begin to anticipate or expect to hear the familiar words or phrases. They begin to respond to the words and phrases and may attempt to use the words themselves to start the routine with you.

- **'Mummy kiss'**. You could say and do this when the child is sitting on your lap facing you, or just after he/she has been put to bed.
- **'Wave bye-bye'**. Encourage the child to wave their hand when he/she sees someone leaving your house or when he/she is leaving someone else's house.
- **'Coat on'** (or **'shoes on'**) – say this when getting ready to go out.
- Repeat the same words or phrases over and over again when dressing e.g. when dressing – **'pants on'**, **'vest on'**, **'top on'**, **'trousers on'**
- **'Sarah's shoes'**, **'Mummy's shoes'**,
- Talk about what the child can see or what they are playing with by labelling objects with single words e.g. 'ball', 'cat', 'car', 'jump', 'walk', or items on the dinner table 'spoon', 'plate', 'apple', etc
- Play simple games e.g. 'peekaboo', 'tickles', 'ready, steady, go'. Decide what simple vocabulary to use during the games and *repeat these words regularly* during the games. For example during peekaboo : - **'boo'**, **'where's?'**, **'more'**

If you use words and phrases like these on a regular basis in a range of daily situations the child should gradually begin to understand and respond to them appropriately.

BOO!

