

Speech, Language & Daily Routines



MORNING ROUTINE

Ideas to support use of language...

- ☑ Use action words like “dress”, “brush”, “get up/wake up”, “stretch”, “yawn” and “eat”
- ☑ Use descriptive words like “excited”, “bright”, “sunny”, “sleepy/awake”
- ☑ Use sequencing words like “first”, “next” and “last”

Ideas to support understanding of language...

- ☑ Use a visual schedule (pictures) to help your child remember what happens first, next and last in his or her morning routine. [Click here](#) for a free printable visual schedule or draw your own with paper and markers!
- ☑ Have your child follow simple directions as they go through their morning routine (e.g., “put your socks on”, “wash your hands and come to the table”)
- ☑ Show the difference between concept words like “soft/hard”, “smooth/bumpy”, “on/off”, “in/out”, “hot/cold”

Ideas to support speech sounds...

- ☑ Practice “ch” and “sh” sounds:
 - Sing the “Brush Your Teeth” song by Raffi and practice saying “ch-ch-ch-ch” as you brush”
 - As you run the water for brushing teeth or washing hands, practice saying “shhhhhhhhh”



Build on it!

Read or listen to a book:

- [“Froggy Gets Dressed” – Jonathan London](#)
- [“Brush Your Teeth Please” – Jean Pidgeon](#)
- [“Pancakes, Pancakes” – Eric Carle](#)

Sing or listen to a song:

- [“Brush Your Teeth”](#)
- [“This is the Way We Get Dressed”](#)
- [“Rise and Shine”](#)
- [“Morning Song \(Let’s Wake Up\)”](#)

Play Together:

- Make pretend breakfast for each other with plastic dishes and food
- Use an old toothbrush to brush the teeth of all of your child’s action figures, dinosaurs, animals and dolls
- Get dolls dressed for the day and talk about each piece of clothing

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