

Family fact sheet: Everyday routines and communication

Routines are the things you do regularly as part of your day. They include getting dressed, eating meals and going to sleep. Daily routines are a great way:

- **for families to spend quality time together**
- **to help your child develop and learn.**



Learn more about **setting up a family routine** [via this link](#) or by scanning the QR code.



Talking about routines

Naming and talking about the things you do as part of your daily routine:

- helps your child to understand what to do
- builds your child's vocabulary.

Self-talk is when you use words to describe what you're doing while your child is watching.

Parallel talk is when you use words to describe what your child is doing.

I'm getting dressed.

First, I'll put on my shirt.



You're washing your hands.

You put soap on your hands.



Next, I'll put on my pants.



Then you rub them together to clean all the germs.



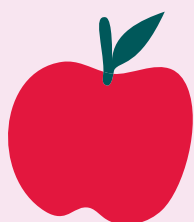
Giving your child a choice

You can also use routines to give your child a choice, which:

- develops their decision-making skills
- helps them link words to objects, actions or feelings
- encourages them to use words and gestures to communicate.

If your child has trouble deciding, try giving them 2 options to choose from.

Would you like...



or



an apple

a banana?

Would you like to wear the...



or



green shirt

blue shirt?

Using mealtimes to talk as a family

Eating together as a family is a great chance to share ideas and stories. This can help:

- build communication skills
- improve language use
- encourage healthy eating habits.

Start by describing the food or asking questions, like:

- this apple is juicy
- what colours can you see on your plate?
- what was your favourite part of today?
- what would you like to do tomorrow?



Learn more ways to **start a conversation at mealtimes** [via this link](#) or by scanning the QR code.

