



## Making the Most of Daily Routines to Promote Communication

Everyday moments like mealtime, diapering, and playtime are powerful opportunities for language learning!

Routines are simply the regular activities that families do together. Familiar routines help children understand expectations, build confidence, and explore their world. Routines can also be exciting learning moments!

By making small changes, like following a child's lead during book time, providing choices during bath time, or labeling foods while eating breakfast, you can transform daily activities into natural learning experiences that support language development.

The PC TALK strategies help caregivers turn familiar routines into engaging conversations that boost children's communication growth.

### Sample Daily Routines and Activities

							
Play Time	Personal Care	Outdoor Play	Eating & Drinking	Outings	Household Chores	Books	Structured Activities
Puzzles	Waking up	Ride-ons	Bottle time	Car rides	Laundry	Reading together	Circle time
Blocks	Diapering	Playing ball	Breakfast	Bus rides	Wiping up tables		Music time
Pretend play	Potty time	Swinging	Lunch	Walks	Throwing away trash	Playing with cloth or board books	Library story time
Games	Nap time	Sliding	Dinner	Visiting family and friends	Picking up toys	Talking about pictures	Art
Baby dolls	Brushing teeth	Water play	Snacks	Shopping	Putting dishes in sink		Playdough
Cars			Water breaks	Getting the mail			Coloring
Sensory toys	Bath time						
	Bed time						