Sure Start Children's Centres

Manchester Local Care Organisation

Trafford Local Care Organisation

# Routines/Everyday Activities

Everyday routines are important to help you and your child to communicate. A routine is something that happens maybe once or twice a day, everyday. Routines are repetitive and reinforce your child's learning and language because you use the same words and actions each time in real everyday situations. Routines include;

Getting dressed



Bath Time



Meal Times



TV Time



Shopping



Going Out





Bedtime

Cleaning/Washing Up

How you communicate with your child is also very important. For effective communication it is important to do the following;

- Get face to face
- Say it again and again
- Give choices
- Follow your child's interest
- Keep sentences short
- Talk about what you are doing

Copy and add to your child's sounds and words

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THE MANCHESTER PRIMARY CARE PARTNERSHIP