

# Daily Speech Routine

Embed the use of the most common first words within your child's daily routine.

## Morning Wake-Up Routine:

### First Words Targeted:

**Hi, Mommy, Daddy**

When waking up your little one in the morning, pick them up and look your child in the eyes and say, "Hi, it's **mommy/daddy/etc.**"

## Night-Time Routine:

### First Words Targeted:

**Night-night, Down**

When putting your child to bed, look them in the eyes and say, "Night-night, time to lie **down.**"

## Getting Dressed:

### First Words Targeted:

**Shoe, Hat, Up Down,**

When dressing your child, establish eye contact, hold the item up near your mouth, name it. Then talk about where you put the body part that you put the clothing item on.

Example: Look, **hat**. The **hat** goes on your head,"

Example: Say, "Arms **up**" when it's time to put on your child's shirt or dress and have them imitate that action. Then say, "Arms **down**" Once they item clothing item is on.

## Mealtime/Snack Time:

### First Words Targeted:

**Bottle, Banana, Juice, Cookie Apple, Yum**

During mealtime or snack time, name each food your child has on their plate before they start eating. You can also sit with your child and as they eat, talking to them about what they are eating, what it looks like, and how it tastes.

Example: Say, "Ooh, look. You are eating an **apple/banana/ cookie.**"

Example: Say, "You are drinking **juice** or milk from your **bottle.**"

Make silly noises such as "**yum-yum**" as they put the food in their mouth and swallow it.

## Bathing:

### First Words Targeted:

**Eyes, Ears, Nose, Bubbles, Duck, Fish**

While bathing your child, Point out his/her **eyes, nose, and ears** among other body parts. Point them out on yourself and ask them to name them. Also sing, Head, Shoulders, Knees and Toes song to work on naming body parts.

Also, put bubble bath in the water and talk about the **bubbles** and pop them.

Play with a toy **duck** or toy **fish** and talk about them.

## Play Time:

### First Words Targeted:

**Ball, Car, Truck, Book, Vroom, Animal Sounds, Dog, Cat, Bird, Fish, Thank You, No**

Use play time to target different words. As you roll the **ball** back and forth hold it up to near you face and say **ball** and then ask your child what it is. Do the same with **car** and **truck** while also saying "**vroom**".

Play with toy animals or do an animal puzzle while naming animals such as **dog, cat, bird, and fish** and making **animal sounds**.

As you play with toys and as you take turns, have the child practice saying "**thank you**" and practice the word "**no**" while playing with toys.

Read a **book** with your child and discuss what a **book** is and talking about the pictures.

## Outdoor Play

### First Words Targeted:

**Hot, Ball, Bubbles, Car, Truck, Bird**

While outside if the sun is out, talk about how it feels hot.

Blow bubbles and talk about them while popping them.

Look around at the cars and trucks as they pass by and talk about them.

Look around for different birds and talk about them.

Play with the ball and talk about the different ways you can play with it