

Communication and Language Leaflet

September 2021

Focus this month:

Routines

Why Are Routines Important?

Routine is important to help children understand the world around them and know what to expect. Routine helps children to feel safe and secure. This gives them the confidence to be independent and take charge of their own activities (e.g. getting their bag, brushing their teeth, making a choice of what to sing), make friends and take on new challenges.

Repeating the same words and songs during every day routines helps children to understand the words that go with what they are doing. Children will be more confident to try using words during familiar activities, especially words that they have heard repeated over and over each day.

With older children, you can start to discuss what has happened and what will happen next, developing understanding of the past and future tense.

Choices

When your child gets stuck, give them a choice.

"Would you like an apple or a banana?"

This will help your child because:

- It will give them a choice so they have good reason to talk.
- It will give them the words to copy.

Say It Again and Again.

This means that:

- Your child hears the word enough times to work out which object or action it goes with.
- Your child hears the word in lots of different situations.
- Your child will have a go at saying it, but may need to hear it a hundred times first!

Getting Ready

Getting dressed all on your own is a big achievement for children. Encourage them to have a go and be ready to help with the tricky bits. Start them off and praise their efforts. Give them plenty of time.

How you can help-

- Choose clothes that are easy to pull on.
- Get clothes out the night before because dressing yourself takes a little more time.
- At weekends, encourage children to choose their own clothes.
- Start children off, you do the bottom button.

Remember- Be positive, encouraging and consistent. Talk about the different clothes we wear in different weather.

Fun ways to practice getting dressed-

- Play beat the timer
- Dress teddy or dolls
- Have a box of belts, buttons, poppers and zips to practice
- Read stories about getting dressed

I Am Independent

Children love to do things for themselves; they also love to help! Encourage them to help set the table, wash vegetables, sort laundry or put shopping away. Let them help with simple tasks. Break tasks down into smaller parts so they can be successful.

Sit down at meals together and talk together. Ask children to serve themselves and pour drinks. Play turn taking games and share stories together.

Breaking Down Routines

Use a 'Now and Next' board. This could be particularly useful to support children during an activity they find difficult, e.g. bath time. Show them that bath time is 'now', but help them choose what comes 'next', e.g. cars or story time.

Visual Prompts

Take photos of your child completing everyday routines, e.g. brushing their hair, hanging the washing out, and stick in to a scrapbook. You can talk share the book and talk about the different things they have done.

Sing Songs That Go With Your Routine.

This will help your child to understand and use new words.

Most routines can fit into a song.

(Sing to the tune of 'Here we go round the Mulberry Bush')

This is the way we wash our face,
Wash our face, wash our face,
This is the way we wash our face,
Early in the morning.

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth
Early in the morning.

This is the way we brush our hair,
Brush our hair, brush our hair,
This is the way we brush our hair
Early in the morning.

This is the way the we dress ourselves,
Dress ourselves, dress ourselves
This is the way we dress ourselves
Early in the morning.

Sing the Tidy Up song when cleaning up.

(Sing to the tune of 'Here we go round the Mulberry Bush')

This is the way we tidy up,
Tidy up, tidy up,
This is the way we tidy up,
Put all of these things away!

This is the way we pick up things,
Pick up things, pick up things,
This is the way we pick up things,
Put all of these things away!

Sing 'Head, Shoulders, Knees and Toes' whilst washing/drying body parts at bath time.

Head, shoulders, knees and toes,
knees and toes.

Head, shoulders, knees and toes,
knees and toes.

And eyes, and ears, and mouth
and nose.

Head, shoulders, knees and toes,
knees and toes.

Sing the Good Morning song
when you wake up.

(Sing to the tune of 'London's
Burning')

Say "Good Morning", say "Good
Morning".

"How are you?", "How are you?"

Time to start your day now,

Time to start your day now,

Let's have fun, let's have fun!

Sing this rhyme before
choosing a snack.

(Sing to the tune of 'Here we
go round the Mulberry Bush')

What have we got for snack
today,

Snack today, snack today?

What have we got for snack
today?

Because we are quite hungry!

Sing 'The Wheels on the Bus'
while waiting for the bus.

The wheels on the bus go round and
round, round and round, round and
round,

The wheels on the bus go round and
round all day long.

The wipers on the bus go swish,
swish, swish, swish swish swish,
swish swish swish

The wipers on the bus go swish,
swish, swish all day long.

The baby on the bus goes wagh
wagh wagh, wagh wagh wagh,
wagh wagh wagh,

The baby on the bus goes wagh
wagh wagh all day long.

The doors on the bus go open and
shut, open and shut, open and shut,

The doors on the bus go open and
shut all day long.

Sing 'I'm a Little Tea Pot'
when making tea.

I'm a little teapot

Short and stout

Here is my handle

Here is my spout

When I get all steamed up

Hear me shout

Tip me up and pour me out.

Sing this rhyme while
watering the flowers.

I'm a little watering can

Short and stout

Here is my handle

Here is my spout

When the flowers get dry

Hear me shout

Tip me up and pour me out.

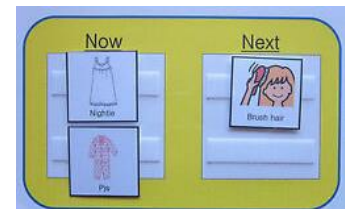
Using A Visual Timetable

Why Use A Visual Timetable?

- Supports all children
- Encourages and develops independence
- Helps children organise themselves
- Using symbols from left to right helps children to learn the direction for reading
- Helps children develop sequencing skills
- Can reduce anxiety for some children, as timetables indicate what will happen next.

Points To Consider:

- Use clear and concrete images. Some children may need photographs before symbols.
- Can be used with the whole family.
- Can use timetable for the whole day, but some children may need smaller steps e.g. now, next.
- Can be made for specific activities e.g. going to the toilet, getting ready for school, visiting Grandma.
- Needs to be where your child can see it i.e. in a prominent place at eye level.
- Avoid lots of bright colours, this can be distracting for some children.
- Involve the children by letting them remove the symbol after each activity is completed.
- Use Velcro strips. This allows the routine to be altered easily.
- Leave part of timetable blank to encourage your child to choose an activity/reward.
- Portable folder. The timetable can move with your child, not only around the home, but also on trips out.



Makaton Signs For Everyday Routines



hello



goodbye



more



house



drink



eat



eat



table



wash



wash



sleep



play



sit



walk



jump



cut



trousers



jumper



bath



eyes



hair



feet



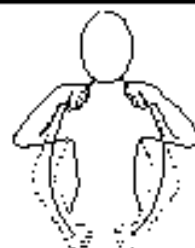
baby



spoon



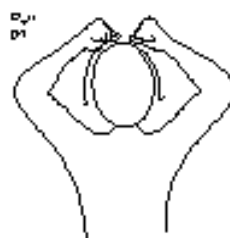
plate



coat



shoes



hat



brush hair



brush teeth



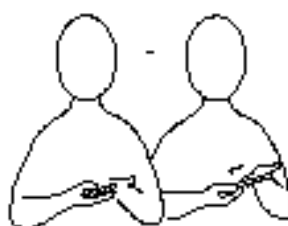
clean



dirty



wet



dry



soap



towel



Talking Together



Talk with me all day
- at bath time, meal times
and in play

For information and advice about your child's talking and listening skills visit
www.nottinghamshirehealthcare.nhs.uk/language-for-life and visit us on Facebook
www.facebook.com/nottslanguageforlife



For further information: <https://hungrylittleminds.campaign.gov.uk>

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