

Developing routines with your child



What are routines and why are they important?

Activities that you share with your child on a regular basis and are meaningful can be turned into routines. Routines are important because it helps your child know what to expect and when to take their turn in a conversation and/or play, allowing them to concentrate on the language they hear.

Routines are usually one of the following

- Daily routines – such as having a bath or changing a nappy.
- Games with people – such as Peek-a-Boo or Round the Garden.
- Routines that are special to your family or home.

Routines and routine language usually emerge from something that is done many, many times. Help your child to understand when a routine begins, by **always starting it the same way**, e.g. raising your hands up, up, up before singing Twinkle Twinkle Little Star.

Routines in games usually have a **best moment** where the child knows what is coming next, e.g. being tickled when they hear 'tickle!' in the song Round The Garden.

Know when you expect your child to take their turn and what they will do – will they look, vocalise, or giggle?

Keep the end the same, so that the child knows when it is finished and can ask for more.

Think about how you can adjust the routine to give your child more turns, such as:

- Pausing or **waiting**, especially pausing before the 'best moment' to give your child a chance to respond.
- Using an **expectant face** – as you are positioned close to your child's face.
- Use a visual clue to help, such as pointing, or moving your child's hand with yours.

If you are having any difficulties with these strategies, please speak with your clinician at the Cochlear Implant Clinic.

