

SPEECH AND LANGUAGE

BEDTIME ROUTINES

1. GO POTTY

Help your toddler to do the big thing while reading a book.



3. TAKE A BATH

Label objects and verbs in the bath (Ex. Soap, toys, wash cloth, splashing, pouring etc.)

Identify body parts as you wash them!

Bath books are a great way to incorporate reading in the tub. Your child can look at picture while you are soaping him/her



2. BRUSH TEETH

Location Words: Tell your toddler where to brush his/her teeth (Top, bottom, back, front)

Count or sing the ABCs while brushing teeth. This will give your toddler exposure to letters and numbers.



4. PUT PAJAMAS ON

Let your child choose which pajamas to wear each night.

Give your child directions to practice body parts (Ex. Put your foot in first!)



5. BEDTIME STORY

Try to read to your child everyday!

Choose books with colorful pictures. Point to the pictures while you read.

Read books that are made of cloth or cardboard. This is so they can hold them or turn the pages.

Choose books that show lots of action. Ask your child to point to familiar items and make the sounds that go with them. For example: Point to the fire engine. What sound does the fire engine make?

My Bedtime Routine



Take a bath



Put on pj's



Brush teeth



Read a book



Go to bed