

# COMMUNICATION ROUTINES

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# Supporting your child's communication at home

2 things we will think about

1. Knowing how your child communicates
2. Understanding how everyday routines can be used to support communication at home

# Understanding how your child communicates

- Know how your child communicates
- Recognise what situations your child communicates in
- Understand what your child communicates about e.g. to ask for what he wants, to show you he likes something, to express 'no'!
- If you want a checklist to help you understand more about your child's communication you can use the one here:
- [http://www.hanen.org/SiteAssets/\\_10\\_Special-Pages/soc-checklist.aspx](http://www.hanen.org/SiteAssets/_10_Special-Pages/soc-checklist.aspx)

# Routines

- These are all the things you do with your child in a typical day
- Examples: Get dressed, have breakfast, lunch, bathtime, bedtime
- These activities often happen the same way everyday:

Routines usually have specific steps

The steps are in the same order

The routine is repeated many times

You have a specific role in the routine, your child has another role

This is a great time to really connect with your child!

# What to do in routines

- Focus on what your child likes, what interests him: this helps to set up an opportunity for communication
- Use environmental supports to facilitate interaction e.g. calendars, schedules, objects
- Minimise demands by commenting rather than asking too many questions
- Make talking fun by responding positively!

Combine what you know about your child's communication with what your goals are for communication

# Morning routines example

- Bathroom/brushing teeth:
  - Following directions
- Getting dressed:
  - Choosing what to wear by looking, pointing, or saying the word
  - Asking for clothes
  - Talk about the weather
- Breakfast:
  - Choosing what to eat
  - Asking for food and cutlery
  - Do something unexpected e.g. give him the wrong cutlery
  - Talk about the food: use names of the objects and actions, talk about taste and smell
  - Ask questions like 'which one can we eat?'
  - Talk about what will happen for the day

# More routine ideas for supporting communication

- <https://www.speechandlanguagekids.com/speech-language-daily-routines/>

## Hanen Centre:

- <http://www.hanen.org/SiteAssets/Articles---Printer-Friendly/Public-Articles/The-Power-of-Using-Everyday-Routines-.aspx>

# Thank you!

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