

BUILDING LANGUAGE THROUGH EVERYDAY ROUTINES



Language development does not only occur during therapy sessions. In fact, babies learn language most effectively during everyday interactions with their caregivers. Daily routines such as feeding, bathing, dressing, and playing create natural opportunities for communication and connection.

During these moments, parents can support language development by talking, singing, playing, modelling, signing, gesturing, and responding to their baby's cues. For example, while feeding your baby, you might label objects or actions using simple words like "milk," "bottle," or "all done." During playtime, you might describe toys, imitate sounds, or follow your baby's focus of attention. These interactions help babies begin connecting sounds with spoken words or signs with meaningful experiences, which in turn helps to develop language and communication.

Repetition is also important for learning a language. When babies hear or see the same words or signs repeatedly during familiar routines, they gradually begin to understand their meaning and eventually begin using them themselves.

Family-centered early intervention programs encourage parents to incorporate communication strategies into daily activities because children learn best through consistent and meaningful interactions with caregivers. By using everyday routines as learning opportunities, families can naturally support their child's language development throughout the day.