Waltham Forest Early Years Guidance
Everyday Communication and Language Practice

Developing language in everyday routines

Everyday routines provide many opportunities for children to learn new words and build their confidence to communicate. Because they happen every day you will naturally use lots of repetition which helps children learn.
Remember to:

- ✓ Model language– simple phrases and new, interesting vocabulary
- ✓ Use visual cues such as gestures and objects to help children understand what's happening
- ✓ Give children opportunities to join in by offering choices and waiting

Snack and Mealtime
Eating is a highly motivating, multisensory experience for children. Letting them be involved as much as possible in preparing food and serving themselves helps develop independence and confidence. Use language to describe what the children can feel, see, smell and taste to help develop vocabulary Give children opportunities to use their communication skills to make choices and ask for more.

Setting Up and Tidy Up Time
Involve children in preparing snacks, setting up mats for sleeping, clearing up and washing up. Although they might seem like boring tasks to us children love to help and get involved. It makes them feel good and encourages communication. Try focussing on verbs to help children to learn action words which match what they are doing…. *"we're sweeping!" "chop, chop, chop!"*

Time to Go Outside
Putting on shoes and coats or packing a bag with things you need are exciting activities when getting ready to go out and about. Leave plenty of time to allow children to go at their own pace Give opportunities to ask for help when needed rather than jumping in to help too soon Get yourself ready at the same time so you can model language *"shoe on– now coat!" "All ready!"*

Bathroom Time
Having a nappy changed, using the toilet or washing hands can be valuable 1:1 experience for children. Sing songs and rhymes together to keep it fun "this is the way we wash our hands" Use silly sounds and words *"water woosh!" "squelchy soap! "*

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