



Bedtimes offer a great opportunity to talk to our children without the distraction of TV and devices. This grid will give some tips on how to use this time to improve your child's language skills. We hope you enjoy!

The routines involved in bedtime (dressing/undressing washing/brushing teeth) allow us lots of opportunities to use and reinforce sequential language e.g. **first, next, then, last, now.**

When carrying out the routines comment on each step. The familiar routines help your child to predict what will happen next. *"You have washed your hands, what are you going to do next?"*

Carrying out these routines allows us to demonstrate more abstract language such as before and after "After you have cleaned your teeth you can jump into bed" or "Remember to go to the toilet before you get your story." Take photos of your child carrying out these routines and encourage them to use the photos to recall the steps in the routine. Perhaps they could use the photos to help direct a grandparent on how to carry out their nightly routines.

As your child is brushing their teeth, you have a perfect opportunity to improve their understanding of prepositions by telling them where to brush. Tell them to brush their teeth on the top, bottom, back, front, middle, etc. Brush your own teeth at the same time demonstrating the prepositions. A mirror is a useful way to allow your child to see exactly where you mean.

Keep repeating the words to support their understanding. *'You are brushing the back really well.'*

Swap roles and let your child tell you where to brush.



Each night offers repeated opportunities to help develop your child's ability in following instructions.

Begin with simple one-step instructions such as: *'Get your slippers'*, then gradually move to two and three-step instructions like *'Put your black socks in the wash basket'* or *'Lift up your pyjamas and put them under your pillow.'*

This special talking time to talk with you child also offers many opportunities to improve their vocabulary.

Label objects and actions: Talk about what you're doing while you're doing it. Label the objects that your child is putting on or taking off (shirt, pants, pyjamas, slippers, etc.) and label what your child is doing (put on, put arm in, pull up, zip, button, open). Use descriptive language to describe the clothing (soft cuddly, cosy, smooth, scratchy).

Let your child choose which pyjamas to wear each night. Offer your child choices 'Would you like to wear your red Spiderman pyjamas or your blue Batman pyjamas?' Encourage your child to verbalise their choice. Comment on their choices, their likes or dislikes. 'I think you picked the Batman pyjamas because they are warm and cosy.'

Make songs and stories part of your bedtime routine. Encourage your child to choose the song or rhyme. Repetition of familiar choices will encourage participation. Pause at the end of a line or before the chorus to allow your child to take the lead. Make silly mistakes and allow your child to correct you with the correct word.

