

The power of Everyday Routines: Strategies to facilitate communication skills during everyday routines

Routines

A predictable, repeated sequence of events shared between people, with roles, expectations, and a goal.

Routine	What You Might Say	What You Do	Strategy	Micro Example	What It Builds
Bath Time	“Splash!” (pause)	Wait → “Big splash!”	Serve & Return / SPARK	Child splashes → you respond “splash!” → they splash again	Joint attention, sensory language
Getting Dressed	“First socks, then shoes.”	Pause before helping	OWL	Hold sock. Wait 3 seconds. Child reaches → “sock on foot.”	Sequencing + requests
Mealtime	“This is crunchy.”	Comment more than question	TARGET	Child: “crunch.” You: “crunchy cracker.”	Vocabulary
Car Ride	“I see a big blue truck.”	Expand their words	TARGET	Child: “truck.” You: “big blue truck.”	Descriptive language
Clean-Up	“Animals go in this box.”	Add one step	ROCK	“Animals go here.” Child sorts one toy.	Categorization
Bedtime	“What happens next?”	Expand response	TARGET	Child: “he fall.” You: “you think he will fall.”	Narrative skills
Homework	“How did you figure that out?”	Validate thinking	ROCK	Child explains. You: “that makes sense.”	Reasoning language
Grocery Store	“We need three apples.”	Count together	TARGET	“one, two, three apples.” Child repeats count.	Functional language

Strategies: OWL, Serve and Return, TARGET, SPARK & ROCK