

# Verbal Routines Worksheet

This sheet is a summary about the strategy of **‘Verbal Routines’** and why they’re effective for improving your little one’s language development.

## 1 What are verbal routines?

Verbal routines are specific words or phrases you say to your child each time you perform a certain activity. For example, you might say “all done” every time your child finishes brushing their teeth. The goal is to use the exact same words each time you do the activity, helping your child understand and anticipate what comes next. By consistently repeating the same words in the same context, your child can learn and use these words, making communication more predictable and engaging.

## 2 Why are they effective for improving communication skills?

Verbal routines are effective because they provide consistent and predictable language patterns that help children understand and anticipate what comes next. This repetition reinforces the meaning of words and phrases, making it easier for children to grasp and remember them. By hearing the same words in the same context repeatedly, children can learn language in a natural and stress-free way. Additionally, verbal routines encourage children to participate and respond, boosting their confidence and enhancing their communication skills.

## Verbal Routines Examples:

Below are some examples of phrases that you can use to create a verbal routine during different activities. You should always try and create your own phrases for your verbal routines but these are some examples that you can use.

### Bed Time

- ☐ Time for sleepy-sleep.
- ☐ Jammies on (when getting changed for bed).
- ☐ Let's find your blanket.
- ☐ Night-night.
- ☐ Time to tuck you in.
- ☐ Good night, it's bedtime
- ☐ Brush brush brush (when brushing teeth).

### Play Time

- ☐ Playtime.
- ☐ Let's play now.
- ☐ Time to play.
- ☐ Let's get our toys out.
- ☐ Ready set go (for starting a game).
- ☐ Spin, spin, spin (when spinning a toy).
- ☐ Press the button (for toys with buttons).
- ☐ Bye bye toys (when packing toys away).

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### Dinner

- ☐ Time to wash hands.
- ☐ Let's set the table.
- ☐ Bib on, ready to eat.
- ☐ Yum yum dinner time.
- ☐ Chew chew chew.
- ☐ Wipe your hands.
- ☐ All done, let's clean up.
- ☐ Uh oh (if something spills).

### Getting Dressed

- ☐ Time to get dressed.
- ☐ Arms up, shirt on.
- ☐ Right foot, left foot (when putting on pants).
- ☐ Zip zip zip.
- ☐ Pull pull pull up your pants.
- ☐ Let's find your shoes.
- ☐ Warm and cozy now (when finished putting on clothes).
- ☐ One button, two button.