



**Barking &
Dagenham
Family
Hub**

Speech and Language Strategy of the Month: **February**



Using Verbal Routines

What? A verbal routine is a phrase or words that you say the same way consistently during familiar routines and daily activities.

Why? Using familiar words and phrases in daily routines helps children learn language because they hear them over and over. It makes communication predictable, helps understanding, and encourages them to use words on their own.

How? Use the same simple words or phrases during daily activities, every day. For example, say “All done!” after meals, “Up you go!” when picking them up, or “Ready, set, go!” before rolling a ball. Repeating these words and saying them the *same way every time* helps your child connect words to the moment and learn them.

When? During activities you do a lot of familiar routines.

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