

ESTABLISHING ROUTINES – PART 2

Adapted from More Than Words by Fern Sussman

R.O.C.K. in Your Daily Routines

- 1) "R"epeat What You Say and Do
 - Repeat what you say and do when you start a routine
 - Repeat what you say and do during the routine
 - Repeat what you say and do when you end the routine
 - Repeat the routine often with different people and in different places
- 2) "O"ffer Opportunities for Your Child to Take a Turn
 - Plan when you will offer your child a turn
 - Plan what turns your child can take
 - Offer new opportunities for turns as your child progresses
- 3) "C"ue Your Child to Take His/Her Turn
 - Use visual helpers
 - Engineer the situations
- 4) "K"eep it Fun! Keep it Going!

Sing Less and Stress, Go Slow and Show! Repeat Often!!

- 1) Sing Less
 - Sing often but choose songs that are short, containing no more than 10 key words.
Children at lower levels of communication may need songs of only 3 words.
 - Use familiar vocabulary, names of family members, carrier phrases
- 2) Stress
 - Make key words stand out by singing them louder, stretching them out and singing them last
- 3) Go Slow
 - If songs are sung too fast, the words are hard to understand
- 4) Show
 - Exaggerate actions to make it easy for your child to notice and copy what you do (e.g. clap, jump, etc.)
 - Use real objects to help with understanding (e.g. "Old MacDonald Had a Farm" using cow, pig, etc.)
 - If objects distract your child's attention, put them away and do not use them

**** Some Popular Songs and Chants You Can Sing with Your Child:**

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|--------------------------|-----------------------------------|
| -Head and Shoulders | -If You're Happy and You Know It |
| -The Wheels on the Bus | -This is the Way We Wash Our Face |
| -The Itsy Bitsy Spider | -Hokey Pokey |
| -Ring-Around-the-Rosy | -Humpty Dumpty |
| -Row, Row, Row Your Boat | -The "Bye-bye" Song |
| -Jack in the Box | -Old MacDonald Had a Farm |

**** Make Up Songs Especially for Your Child During Daily Routines:**

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|------------------------------|--|
| -The "Asking for More" Song | -The "Drink, Drink, Drink" Song |
| -Songs to help answer yes/no | -Songs to help learn simple directions |
| -Songs to learn prepositions | -Songs to describe what the child is doing |