skills on the hill pediatric therapy

# 10 Ways to Build Language During Everyday Routines

**No flashcards required - just talk through your day**

The best speech practice happens in real life. Everyday moments - bath, meals, the car - are packed with chances to grow your child's language. Here are ten simple habits.

| NOTICE | TRY | BUILD | CONNECT | GROW |
|---|---|---|---|---|

### Talk & connect

### Narrate your day: "Mommy's pouring the milk."

Follow their lead: talk about whatever they're looking at

### Helpful idea

Pause and wait: an expectant look plus a count to five invites a response

### Grow their words

### Add one word: they say "ball," you say "big ball"

Offer choices: "Apple or banana?" invites a word, not a point

### Helpful idea

Repeat and expand: reflect their words back, correct and stretched

### Make it playful

Sabotage a little: put a favorite toy in sight but out of reach

### Sing songs with gaps and let them fill in the last word

### Read every day - point, name, and ask "what's that?"

### Protect the back-and-forth

Cut background screens - language grows in conversation, not passive watching

**Parent tip:** Start small. Pick one idea that fits your family, practice it consistently, and build from there.