Did you know? Routines at home can improve your baby’s listening and learning language.

What are routines?

**DAILY ROUTINES**
- Eating
- Dressing
- Waking up
- Going to bed
- Bathing

**PLAY ROUTINES**
- Play time with toys and others
- Singing songs
- Family time
- Playing outside

**SOCIAL ROUTINES**
- Going to the store
- Going to relatives' homes
- Outside the home visits

Why are routines important?

- We all need a sense of routine, a way to get things done.
- Routines help babies with their “body clock”:
  - Able to go to bed at night
  - Eat healthy full meals
  - Regular diaper schedule
  - Healthy play and outdoor time
  - Support a baby to be calm and relaxed during down times
- Routines provide babies and children a sense of security, especially if life seems more stressful.
- There is predictable language that caregivers use during routines and this builds on the baby’s listening, understanding and talking.
WHAT CAN I DO?

- Set up the important times such as mealtime, nap time, snack time and bedtime.

- Be patient! Setting a schedule may be hard at first.

- Add helpful elements to each routine such as snuggling every time you read a book together.

- Be flexible and adjust as needed! Baby’s snack time might take place in the car instead of at home in their highchair.