



Routine is your friend

What to do with this activity?

Routine is your friend and is good for your child, especially at an early age, but also as your child grows older.

Children feel safe and secure when they have regular sleep patterns, and know what activities to expect during the day and at bedtime.

For some good advice on sleeping and feeding routines for babies and toddlers, look at the [HSE website](#).

Work out a routine that suits both you and your little one and stick to it. Remember that children love repetition and certainty, so doing the same things at the same time every day makes them happy.

Why am I doing this?

Talking is one of the most important skills your child will learn. It seems to happen naturally, but in fact you have a very important role to play. Your baby will learn to talk by hearing other people talk. The more you talk with your baby and respond to their noises and babbles, the more you help them learn to communicate. This will help them in every aspect of their life.

How can I do more?

Songs and rhymes are especially good for children as the rhythms and repetitive language make it easier for babies to learn language skills. Babies love songs and rhymes, especially hearing the sound of your voice. This is a great way to help your child to talk and listen. Rhymes with actions explain what words mean - "pour me out" in "I'm a little teapot". You can also create sound effects when you are singing songs and saying rhymes. Use your hands to clap, your fingers to click and your mouth to make playful sounds and whistles.