Doing the Laundry – Invite your child to ‘help’ with the laundry. Even if they can’t sort or fold yet, you can talk about whether something feels soft or scratchy, the colors of the clothes, or which socks match! (e.g. I think this black sock looks like this other black sock. They match!)

Going on a Walk – Take a walk around your neighborhood and point out sounds you hear (e.g. firetruck, a dog barking, birds chirping, windchimes). See if you and your child can copy the sound.

Going to the Grocery Store – Narrate your trip! Use a grocery list and talk about the items you are putting in your cart. You can focus on colors, numbers or adjectives! (e.g. I’m getting 3 green zucchini! Look at the yellow squash – how many do you think we need?)

Doing the Laundry – Invite your child to ‘help’ with the laundry. Even if they can’t sort or fold yet, you can talk about whether something feels soft or scratchy, the colors of the clothes, or which socks match! (e.g. I think this black sock looks like this other black sock. They match!)

Doing the Dishes – Find a step stool and have your child step on up into the sudsy sink! You can talk about the bubbles or the purpose of different utensils (e.g. a whisk helps is used for stirring).

Cooking Together – Even young children can enjoy adding chocolate chips to the cookies! It’s great to use big words like ‘ingredients’ and explain what they mean in child-friendly terms (e.g. Ingredients are all of the things we put into the cookies). You can talk about each of the steps of the recipe.

Cleaning Together – Putting away toys is a great time to talk about all of the things you see and work on sorting items which are alike (e.g. I’m going to put all of the cars in this basket and all of the blocks in this basket).
**Singing Songs** – Singing simple songs together is a wonderful way to build language. Simple rhyming songs (e.g. The Itsy Bitsy Spider or Head, Shoulders, Knees and Toes) are great ways to include language in your day. See if your child can point out the words that rhyme!

**Reading Books** – Reading books with your child is a great way to introduce new words and build vocabulary! Stop and ask your child questions as you go. After reading a particularly well-loved story several times, see if your child can retell the story in their own words!

**Restaurant Talk** – A kid’s menu provides ample opportunity to point out letters in words. See how many of the same letter you can find on the page and have your child repeat the sound it makes. (e.g. I see three A’s on this page, can you find them? What sound does the letter A make?)

**Bath Time** – While bathing your child or teaching them to do so themselves you can sing songs or talk about a part of the body (e.g. You are washing your elbow! Where are your ears?)

**Diaper Changing & Dressing** – Even very young children can interact during diaper changes. They might not have many words quite yet, but you can talk to them about the color of the clothes you are putting on or the activities you are going to do that day. While they may not respond verbally, keeping eye contact and treating them like they are part of the conversation can help build language skills!

**Family Meals** – Dinner time is talking time! You can talk about what happened during the day, talk about the different foods you are eating, and ask lots of questions! (e.g. Would you like some more bread? What was your favorite part of the day?)