

What Are You Doing Now?

Primary Objectives

8a. Comprehends language

Why It's Important

When you describe your everyday actions to your child, you keep her engaged and calm, encourage her receptive language development (her ability to comprehend what you say to her), and help her make sense of her world.

Materials

None

What You Do

1. Watch for moments when your child's attention is focused on you, when she is expressing a need, or when you have an opportunity during transitions.
2. Explain what you are doing with your child and why. *I am going to get your bottle because I see you are hungry. I will be right back. Here it is! Here I come to pick you up. Let's sit in the rocking chair for your bottle.*
3. Talk to your child throughout the day. Keep a balance between explaining what you are doing and talking about what she is doing.
4. Look for opportunities to put words to basic routines. *I am going to check your diaper. You are wet. Let's change your diaper. I'm going to pick you up and take you to the changing table.*
5. Whenever possible, put words to playful actions to encourage her play. *I see you peeking at me. I'm going to hold this blanket up. Where are you? There you are!*