

# BEDTIME BUSINESS



Use this familiar routine to practice listening skills.

## THINK ABOUT...

Often, we mistake the ability to listen for a direction with the ability to understand a routine. For example, a child with hearing loss may not actually hear a teacher's instruction, but knows to get up and wash hands for lunch since he can observe all the other students. The ability to truly listen and understand will become more and more important as your child gets older. You can use this simple activity within your typical bedtime routine to help your child gain listening practice. You can also consider how you might implement these suggestions during other daily routines.



## ACTIVITY

- 1- As your child is going through the typical bedtime routine, give your typical directions such as "It's time to brush your teeth." However, this is a great time to add in some fun and new directions that will require extra listening attention. For example, "It's time to brush your teeth! Before you grab your toothbrush, jump up and down three times!"
- 2- This is a good time to practice using auditory first. Before giving a visual example, say simply the words. You can also prep your child with, "I'm going to give you some directions to follow. Listen closely and picture in your mind what I am telling you to do. Then we can do it together!"
- 3- If your child shows no response, you can repeat the verbal instruction while demonstrating at the same time - jump up and down and join your child as you are silly together before brushing your teeth. (Be sure to give your child the chance to act first. This ensures they are listening to the direction and not just copying your movement.)
- 4- Continue doing this as you go through your routine. For example, "Great job brushing! Now, before we go read a story, I want you to make a funny face in the mirror." Be sure to vary your directions so they don't become routine as well. Have fun!
- 5- As your child gets better at listening for these new directions, add in more steps to increase auditory memory and recall. For example, "Stomp down the hallway then crawl back quickly to your room."

## MATERIALS NEEDED:

- None

## PREPARATION

- 1- Think ahead of simple tasks you can ask your child to do as you get ready for bed. Make them silly, surprising and fun and maybe a little unexpected. Examples are below.

## VOCABULARY:

- Run
- Jump
- Push
- Touch
- Poke
- Blink
- Growl
- Squeak
- Hop

## HELPFUL TIPS

- Other ideas for directions include touch your nose, tug your ear, poke your belly button, high five your dad, clap your hands, blink your eyes, growl like a bear, squeak like a mouse, twirl around, or hop on one foot.
- You can also give your child opportunities to give you the instructions. This gives them practice in their own expressive language skills and can also check to see if you are listening!
- Think of daily routines or events that occur throughout the day, such as dinner time or when riding in the car. Think about how you can involve other members of the family.

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