

ESTABLISHING CONSISTENT, PREDICTABLE ROUTINES

1. Repetition and Consistency

A routine helps a child to relax and feel secure, and confidence grows from these feelings.

2. A solid foundation

Since the toddler has some sense of control, security, and comfort from consistency, they can naturally focus and learn from their environment.

3. Improves Language Development

Routines organize your child's actions, increasing their understanding and eventually improving their language development.

4. Comment, greet, request

Routines decrease cognitive load enabling toddlers to use their resources to observe social cues and use language. They also provide opportunities to say words during daily routines.

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About Kimberly Scanlon



I'm Kimberly Scanlon, a speech-language pathologist with over a decade of experience, an author of books to empower readers to facilitate language development, wife to a magnificent Renaissance man, and a mother of two adorable children. I'm also a coffee drinker, book reader, gratitude seeker, and collector of quotes. You'll see some of my favorites sprinkled throughout my books and this site. When I'm not working or writing or running my household or trying to stay organized or picking up crumbs and wrappers in the backseat of my car, I take a deep breath and pause for a moment. Life is good even with the bumps in the road.

"Change your thoughts and you
change your world."
- Norman Vincent Peale

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