



15 Minutes of Family Fun *Daily Routines*

Gain useful literacy skills doing everyday activities at home!

Here are some quick, easy to do activities that can be combined with daily routines to support children's development:

- **Make a grocery list.** Then have a pretend grocery shopping trip together and talk about the foods you are 'buying'.
- **Sort and separate laundry into baskets or piles.** Try sorting in different ways, e.g. colour, size, type of clothing.
- **Meal times** are a great time to eat a variety of foods, try new foods, be part of a conversation, and learn family traditions and family stories.
- **Bath time** is a great opportunity for water play. Objects that float, scoop and pour can add a lot of fun learning to this routine.
- **Reading at bedtime** is a daily routine in many families, and is a proven way of developing reading skills in children.

In these 15 minutes of family fun, your child:

- Learns new words
- Practices listening skills
- Learns to communicate with words
- Learns about colour, shape, texture, number and pattern
- Develops eye-hand coordination and fine motor skills
- Learns family routines that make them feel confident and secure