



## Family Talk: Personal Care & Transitions

Consistent **Personal Care & Transition routines** help children move from one thing to the next.

Sometimes it's hard for some children to stop one thing and start another. Make a transition, like a clothing or diaper change, fun by singing a song, being silly, or turning things into a game.



### Infant

Babies can often understand more language than you might think. They also love consistency. During daily routines such as feeding, nap time, and play time, describe what you are doing so your baby knows what comes next.

- “First, I am going to change your diaper. Then I am going to lay you down.”

Introduce new words to describe how things feel, look, or smell.

- “We are washing your hands. Do you feel them getting wet from the water?”

### Toddler

Toddlers are learning independence and tend to be happiest when they feel they have some control and know what's coming. Make transitions smoother by giving choices whenever possible.

- “Time to get dressed! Do you want to wear the red shirt or the striped shirt?”
- “First, we get your toothbrush. Then, we get the toothpaste. What do we do next?”

### Preschool

Encourage your child to take an active role in their daily routines. Ask questions to spark thinking about what comes next.

- “I see you want to go outside. What clothes do you need?”

Find positive examples and compliment often. Be specific.

- “Thank you for helping clean up. It’s so much easier when we work together.”