BeBe Marin
SPEECH THERAPY LLC

Bedtime Strategies to Boost Language Development for Toddlers

Bedtime is a great time to strengthen your toddler's language skills through calming, engaging activities. Here are some strategies parents can use to stimulate language development for toddlers during bedtime.

1. **Storytelling:**
Read bedtime stories together. Pause to ask questions, such as, "What do you think happens next?" This encourages engagement and language use.

2. **Discuss the Day:**
Talk about the day's events. Ask questions like, "What was your favorite part of today?" or "Who did you see?" to promote vocabulary and sentence structure.

3. **Predict Tomorrow:**
Help your child anticipate the next day by discussing plans. Use phrases like, "Tomorrow we'll go to…" and encourage your toddler to repeat or add ideas.

4. **Sing Lullabies or Songs:**
Singing lullabies helps children learn rhythm and intonation, which are key elements of language. Repeating familiar songs also helps with memory and language retention.

5. **Practice New Words:**
Introduce one or two new words each night. For example, if you read a book about animals, highlight words like "giraffe" or "tall."

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6 **Encourage Story Completion:**
Begin a familiar story and pause, letting your child fill in the gaps. This helps them recall language patterns and story structures.

7 **Use Repetition:**
Repetition of words, phrases, and stories reinforces language learning. Repeating favorite stories, words, or routines makes new language familiar.

8 **Ask Open-Ended Questions:**
Encourage them to think and express more by asking questions that don't have a yes or no answer, like "How did you feel when...?"

9 **Describe Bedtime Routines:**
Narrate actions during the bedtime routine, such as "Now we're brushing your teeth," or "Let's put on your pajamas." This helps link language to actions.

10 **Create a Bedtime Routine Chart:**
Use a visual routine chart with pictures and words (e.g., brush teeth, put on pajamas). Encourage your toddler to name each step as you go, reinforcing vocabulary and sequence understanding.

These activities make bedtime a calm yet interactive opportunity for language learning and bonding.

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