

# AAC Modeling: Nighttime Routine



## Tell each other what to do!

- PUT ON PAJAMAS
- GO TOILET
- TURN OFF LIGHT
- BRUSH TEETH
- SLEEP NOW!
- GET IN

## Comment on bedtime!

- CLEAN TEETH
- YOU DID IT!
- YOU TIRED
- NICE DAY
- DAY DONE
- TIME SLEEP
- TAKE LONG!
- WARM BED
- SOFT PILLOW
- FAVORITE BOOK
- IT LATE!
- SLEEPY

## Complain!

- ANNOYING
- NOT TIRED
- EXHAUSTED
- NOT FAIR
- THIRSTY!

## Ask questions!

- WHY BED NOW?
- HOW DAY?
- WHAT DO TOMORROW?

## Ask for Things!

- NEED WATER
- MORE STORY
- WANT CUDDLE
- GIVE HUG
- NIGHT LIGHT
- BLANKET
- WANT MOM/DAD

Modeling can even happen at the end of the day. A nighttime routine can be a great time to connect with your child. Say things that naturally arise. Just include AAC when you do!





## **AAC Modeling: Nighttime Routine**

There are lots of opportunities to model AAC during nighttime routines. The language in my images is offered as ideas to get you thinking about possibilities. What do you naturally say during your nighttime routine? How can you say those things using his or her AAC? Be mindful not to use their AAC to boss them around though! Connect with them. Be silly. Enjoy the moment.

