



## A Day in Our Life...



Today, I woke Katie with a cheerful “Good morning” and smiled. She gurgled, smiled back and reached up to me. I scooped her up for a morning hug... and was tickled by her squeaks and giggles. We hurried to the bathroom to change diapers, wash up and get dressed. She stretched and kicked while I smoothed lotion on her bottom and legs. We played peek-a-boo with a diaper. She dropped it, looked down to the floor and then she looked up and squealed as if to say “Gotcha! Now you get it!” She sat up and pushed her arms through her sleeves and clapped, “We’re done!”

Everyday Katie and I spend about fifteen minutes in our morning routine getting ready for childcare. It is fun, fast and focuses on the tasks at hand. The tasks are the same as most moms with 9-month-old babies, but ours has added purpose. I focus on the skills she needs to learn to improve her motor and communication skills. Katie has cerebral palsy and receives early intervention services. Working in our natural environment is not like going to therapy. Instead, our therapists and educators teach me ways I can help Katie learn. I teach her within our daily play and routines, and Katie learns functional skills in meaningful activities.



It makes sense to practice the skills she needs to learn while she is using them. In other words, we are doing the “stuff” of everyday life and Katie is learning from it. It’s easy, effective and fun.

In our morning routine, Katie practices:

- ✓ Taking turns with actions and objects
- ✓ Sitting up
- ✓ Putting on clothing
- ✓ Making sounds and gestures to get my attention
- ✓ Looking for objects out of sight
- ✓ Showing affection



And we also:

- ✓ Complete stretches for her legs

Teaching and learning in daily routines means I can be mom, Katie can be my daughter, and we can work with the therapists to teach me what I can do to help her. Playing, running errands, doing chores, reading stories, and cleaning house are opportunities for Katie to learn. Working with the therapists has helped me understand how important common activities are and just how much can be accomplished through “a day in our life.”

