

# Sequencing

## What does sequencing mean?

Sequencing means putting things in order. It is needed for thinking, understanding, speaking, reading, writing, and counting.

## How you can help

You can help your child develop sequencing skills through play using language associated with familiar routines such as;

- Waking up in the morning
- Getting dressed
- Eating breakfast
- Brushing teeth
- Going to school

To the tune of 'Here we go round the Mulberry bush', sing;

*'This is the way we brush our teeth, brush our teeth, brush our teeth,  
This is the way we brush our teeth, early in the morning.  
This is the way we wash our face, wash our face, wash our face,  
This is the way we wash our face, early in the morning.'*

You do the actions as you sing each line, e.g. brush teeth, wash face, brush hair, put on my shirt, shoes, eat breakfast, say goodbye, etc. Your child has to copy the sequence of actions with you.

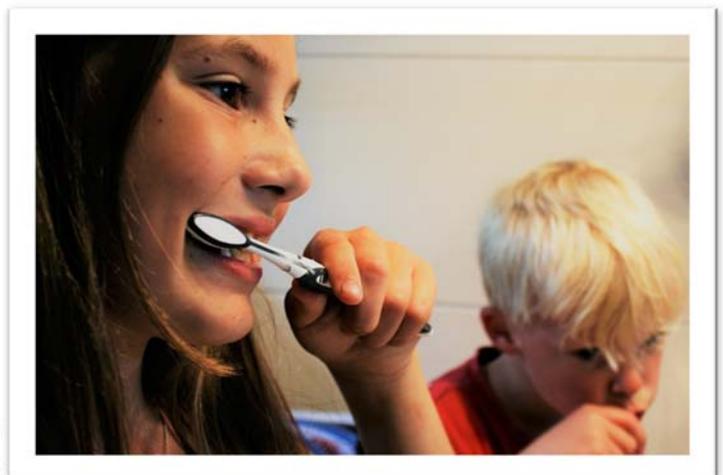
## Advanced activities

Instead of singing about morning activities, you can ask your child what they do when you know it's bedtime, e.g.

*'This is the way we brush our teeth, brush our teeth, brush our teeth,  
This is the way we brush our teeth, when we know it's bedtime,  
This is the way we say our prayers, say our prayers, say our prayers,  
This is the way we say our prayers, when we know it's bedtime.'*

It can also be great fun to say a sequence of actions and your child has to do them

in the correct order, e.g. *'clap, jump, stamp, hop, hands on head, tap knees!'*

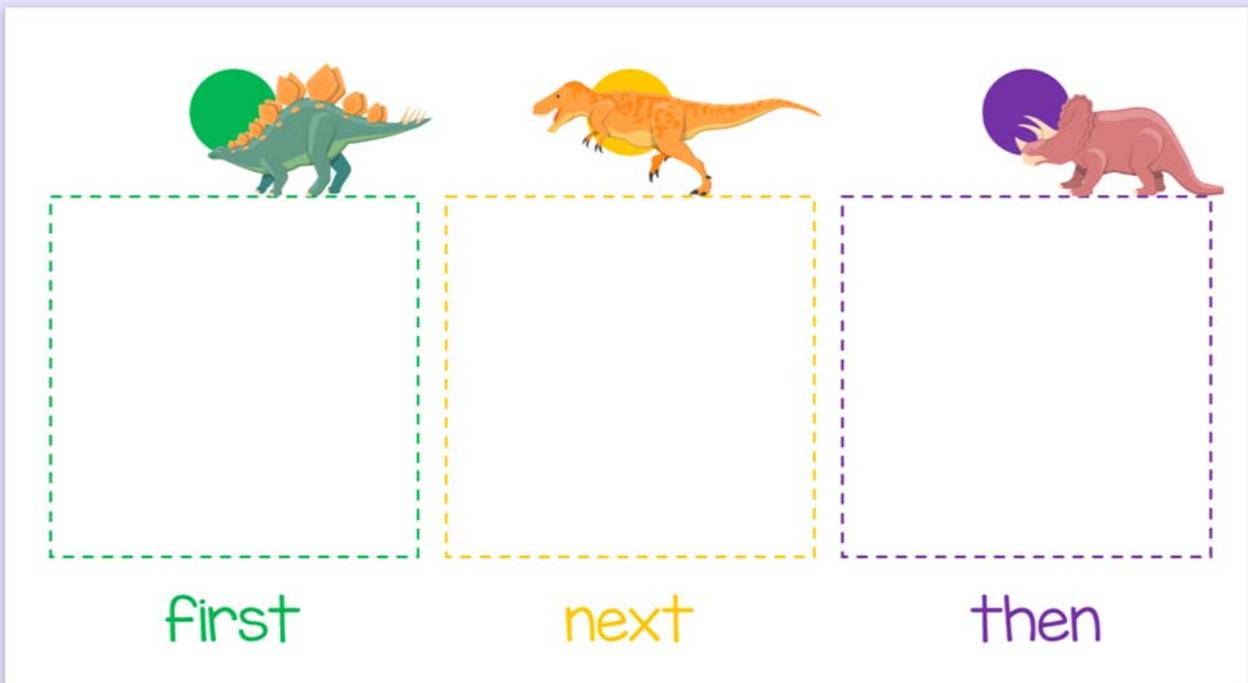


## Daily Routines

It helps to talk through the daily routine, with your child. Use the words, '*first*', '*next*', and '*then*' to put activities in order.

When you have talked about a routine a number of times, your child will be able to tell you what comes *next*, e.g. Adult: '*You have brushed your teeth, so what do we do next?*'

Eventually your child may be able to talk you through the steps of the sequence independently.



## Sequencing Routines

- Getting ready for bed
- After school routine
- Making breakfast
- Bath time
- Brushing teeth
- Making a sandwich
- Getting ready for school.

During your daily routines and activities, e.g. bathroom routine, talk about the steps in the sequence of actions as you do them, e.g. '*First you wash your face... next dry it with the towel... then brush your teeth.*'