

Sensory Social Routines (SSR)

Increase your child's smiles and laughter during face-to-face social games, songs, and social exchanges. The more FUN your child is having, the longer they are attending to and interacting with you, and the more learning opportunities you can provide.

We learn communication, language, object use, imitation, play, friendship and emotional intimacy through daily family life. Let's increase social- communication learning!



Possible SSRs

- Songs with motions
- Lotion or shaving cream
- Raspberries on your child's feet, hands or belly
- Chase or "I'm gonna get you"



Learning Opportunities Through SSR's

Caregiver goal: Once an SSR has been established, pause just before the most exciting part of the routine, and wait to see how your child responds.

Child goal: When the caregiver pauses during the routine, the child will increase the use of one of the following skills to cue the caregiver to continue:

Skill	Explanation	Examples
Gestures	Gestural imitation can lead to verbal imitation	"Rolling arms" During Wheels on the Bus "Open mouth" in anticipation of raspberries "Rub arm/hand" during or after bath lotion routine "Extending arms" in anticipation of "Get you" game
Eye contact	WAIT on your child and continue the routine when he/she provides you with quick eye contact.	When you have caught your child after one round of chase, back up from them and WAIT for a quick instance of eye contact and immediately chase them again.
Verbal communication	Increase your child's opportunities to use verbal language.	Pause before saying "Round and Round" during Wheels on the Bus Give a choice "Lotion on hands or feet?" Narrate as you go with simple language "Mary's toes" (Child's name+ body part getting raspberries)
Increase engagement	Increasing your child's engagement for longer periods of time increases the amount of possible learning opportunities.	A first step for your child may be to tolerate songs and new routines. Do the routine 1 or 2 times and come back to it later on in the day. Start with 1 verse of Wheels on the Bus and increase weekly by adding a new verse. (Babies "Wa Wa Wa," Mommies "Sh Sh Sh")