

Age 1–2

Morning Care Routines

1. Time to Get Up

When Parents Wake Up Before the Baby

【Beginner Level】

Dialogue

Parent: Good morning, baby.

Parent: Time to wake up.

Parent: Stretch your arms. Stretch, stretch.

Parent: Let's get up.

Parent: Mommy (Daddy) is here.

Vocabulary

- good morning
- wake up
- stretch
- get up
- baby

Tip for Parents

Gently rub your baby's back or hold their hand while speaking. Help them stretch to match your words. Use a slow, soft tone to create a calm and loving morning routine.

When Parents Wake Up Before the Baby

【*Advanced Level*】

Dialogue

Parent: Good morning, little one. Did you sleep well?

Parent: The sun is up. It's time to wake up.

Parent: Let's stretch your arms and legs. Ready? One, two!

Parent: Do you want to get up by yourself or with Mommy's (Daddy's) help?

Parent: Wow, you did it! I'm so proud of you.

Parent: Let's open the curtain and see what the day looks like.

Vocabulary

- little one
- sleep well
- the sun is up
- by yourself
- I'm proud of you

Tip for Parents

Open the curtains together while speaking and point to the sunlight or sky to make your words meaningful. Praise your child's efforts to build a positive morning routine.

You can replace "little one" with your child's nickname, like "baby," "sunshine," or their name.

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When the Baby Wakes Up Before the Parents

【Beginner Level】

Dialogue

Parent: Oh, you're awake already!

Parent: Good morning, baby.

Parent: Did you sleep well?

Parent: Let's get out of bed.

Parent: Mommy (Daddy) is here.

Vocabulary

- you're awake
- good morning
- sleep well
- get out of bed
- baby

Tip for Parents

Use a cheerful and gentle tone. If your baby is sitting or standing in the crib, respond with warmth and excitement. Gently pick them up to start the day together.

When the Baby Wakes Up Before the Parents

【*Advanced Level*】

Dialogue

Parent: Good morning, little one! You're already up?

Parent: Were you playing quietly by yourself?

Parent: Did you sleep well last night?

Parent: Let's get ready to start the day.

Parent: Do you want to cuddle first or go wash up?

Parent: Okay, let's go together! Mommy (Daddy) is here.

Vocabulary

- already up
- playing quietly
- last night
- get ready
- cuddle

Tip for Parents

If your baby wakes up before you, respond positively to their independence. Use this chance to model everyday conversation and gently offer choices like “cuddle or wash up?”

“Little one” can be replaced with a nickname such as “baby,” “sunshine,” or your child's name.

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