Supporting Teachable Moments: Routines

**Feeding**
- Experiencing textures
- Fine motor and adaptive skills (e.g., using utensils)

**Bathing**
- Experiencing physical properties of objects
- Vocabulary, pragmatics of communication

**Dressing**
- Perception: color, matching, size
- Cause/effect, goal orientation, and perceptual problem-solving

**Hairdressing**
- Emotional regulation
- Fine motor skills

**Diapering/Toileting**
- Sensory experiences
- Self-control