

Effective Routines

What?

1

Routines are consistent ways of doing tasks. They create predictability and structure in our lives (i.e., morning, mealtime, and bedtime routines).

2

Rituals and traditions, like a daily snuggle time or a weekly dance party, are fun ways to create predictability as well.



Why?

3

Taking care of you and your family's physical and mental health is always important, especially now.

4

Routines can help children (and adults) feel safe and calm.



How?

5

Make a list of the things that need to be done.

6

Include things that you want your child to learn to do independently.



7

Make a routine chart with your child. Praise their successes as they complete each task.

8

If routines at home are new, consider starting with part of the day and building on it as you and your child adapt.

Sam's Morning Routine Chart

1	 Brush my teeth
2	 Get dressed
3	 Eat breakfast

Tips

9

Stay flexible. It will not always be possible to stick to your routines. Do your best to stay calm and be patient with yourself and your family members.

10

If there are other adults in your home who can help, consider asking them for support.

