

ESTABLISHING ROUTINES AT HOME



In this challenging time, families are being asked to take on new roles in teaching and supporting their children from home. This means that new routines may need to be established. Here are some tips to get you started:

1 MAKE A LIST

Write a list of things that your child typically does, or that you would like them to do.

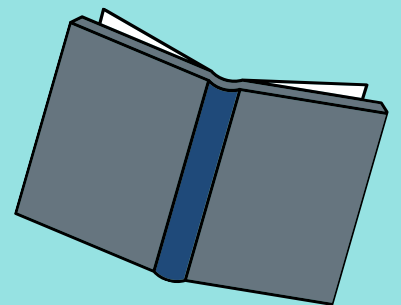
- Some activities might be: wake up, bathroom breaks, meal times, wash hands, clean up, child choice activity, reading and bedtime
- Have a list of available choice activities like reading a book, puzzles, crafts, playing a game, etc.



2 THINK ABOUT WORDING

Use words that your child is most familiar with.

- Examples might be: clean up time, bathroom (or potty) break, bathtime, etc.



3 IDENTIFY TIMES

Consistency is key to establishing a routine. Think about what time each activity needs to begin and how long it should take.

- Try to keep the same activity at the same time every day.
- Waking up, bathroom breaks and eating are very important habits to keep on a schedule. This predictability will help ensure that proper rest and nutrition are provided daily.



4 INCLUDE NAP OR QUIET TIME

Not all children are the same, but many benefit from short breaks and naps.

- Older children may not be tired, but should still participate in quiet activities.
- Use a timer, or visual timer, to help your child understand when quiet time will be over.



5 ADD IN SNACK AND MEAL TIMES

Don't forget to schedule snack and meals times.

- Plan ahead to have healthy options available.
- Spread out snack and meal times to make sure that snack time is not too close to a meal time.



6 REVIEW THE SCHEDULE

Talk through the schedule with your child frequently.

- When you review the schedule with your child, he/she will feel better prepared and will be able to anticipate what comes next.
- Initially, you may have to review the schedule with your child several times each day.



7 CHANGE IN ROUTINE

When you have a well established routine, you may want to consider adding "Uh Oh" moments or unexpected changes.

- When done briefly, with a positive outcome, this can help a child learn to tolerate disruptions.

NEED ASSISTANCE?

For more information on establishing routines at home, please contact the USD Center for Disabilities at cd@usd.edu or (605) 357-1439.

