

CREATING A ROUTINE:

Implementing the Routine:

1

Take a big cardboard & write/draw out the daily routine. Make things clear. Place it in an open area of the house.

2

Take the time to discuss each component of the routine. Explain the importance of the things in the family routine.

3

Try it out for a week & tweak it if necessary
Discuss as a family from time to time to see how everyone is doing in regards to the family routine.

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For younger children, it might be helpful to create a visual where they can see what needs to be done until it becomes habitual.

I've created something if you need some help with this, and also, feel free to fill in the empty boxes with whatever else is part of your routine.

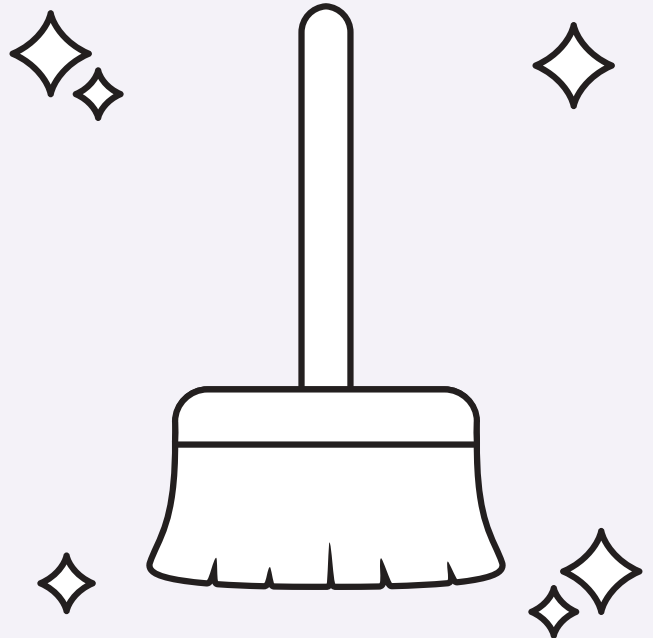
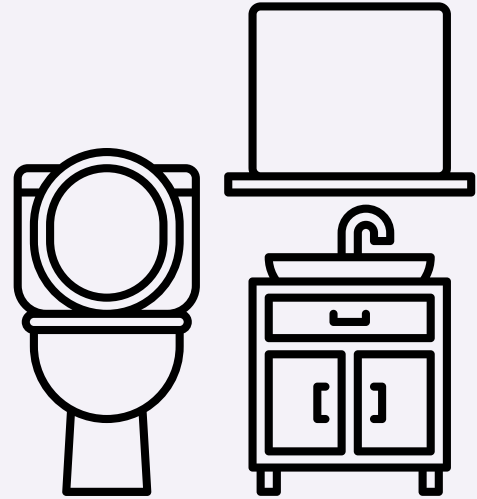
You can print these squares and plastify them (with plastic paper), so they stay good even when manipulated. You can buy velcro tape and glue gun it on each square. Then on a big bulletin board, you can trace the squares, and your child can stick the appropriate square accordingly. If you'd like a visual of this, please check out the assigned video to these course notes called "Implementing the Routine".

If you have the time, you can take pictures of your child doing each of these things and use that as squares for the board.

** Another way to do this would be to circle back to what happened throughout the day. This helps our child identify our routine. This can be a great way for children to share more details about their day.**

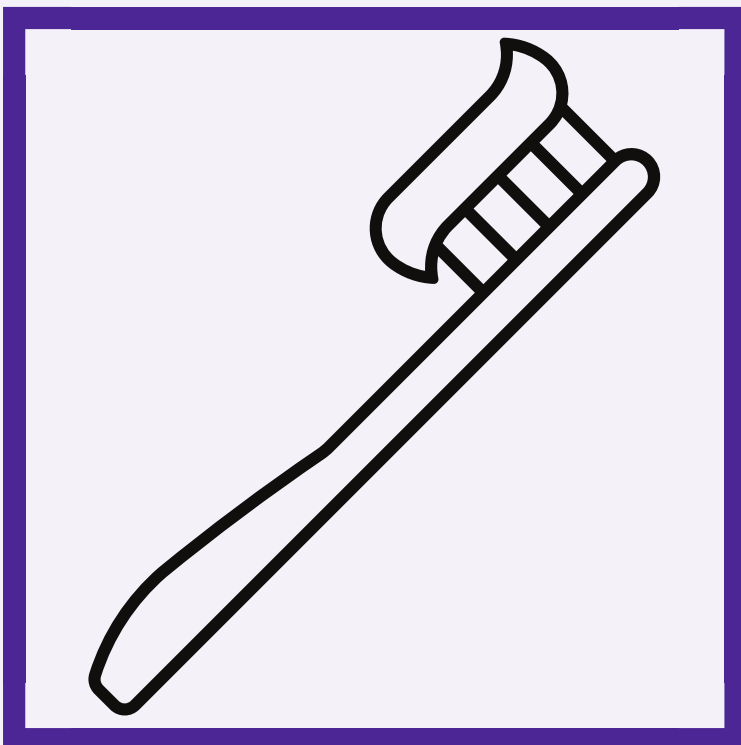
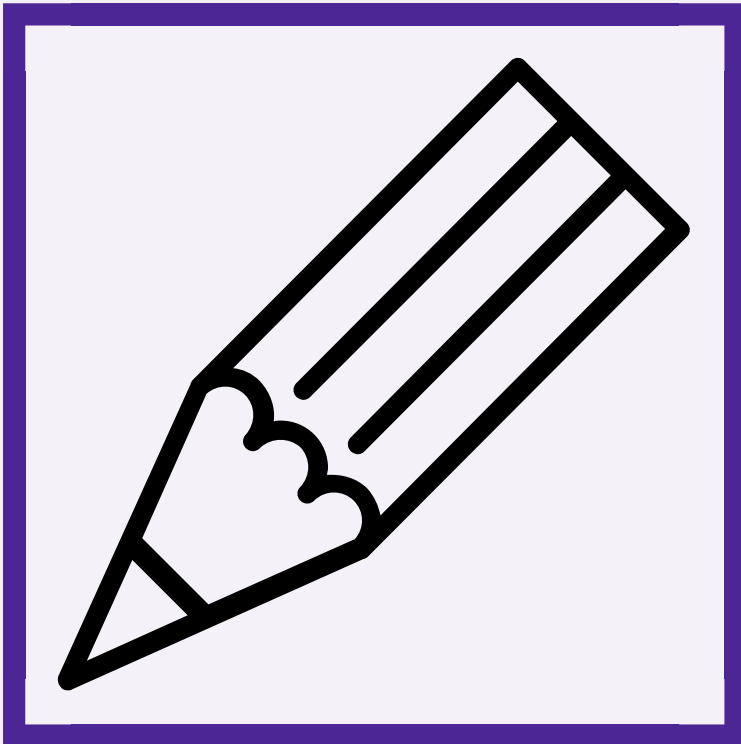
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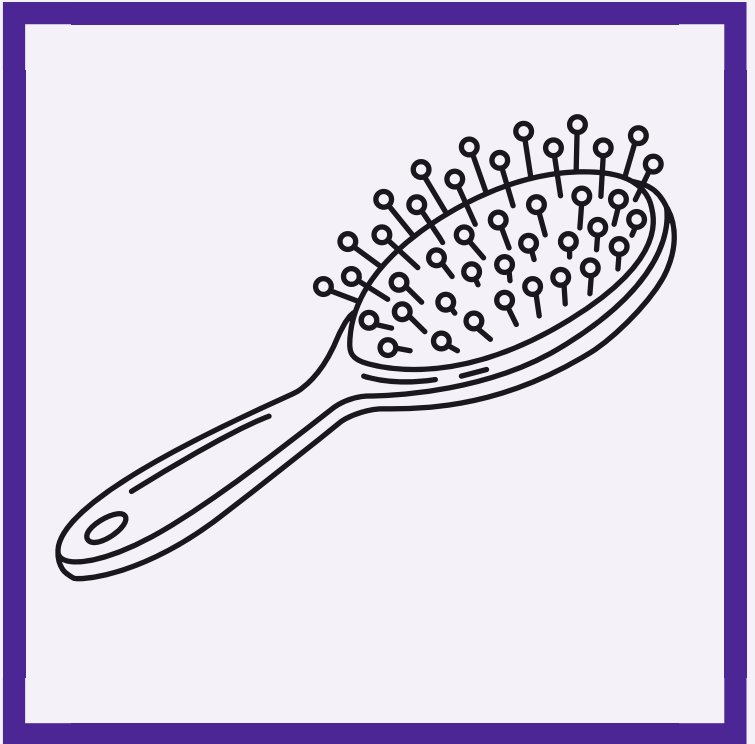
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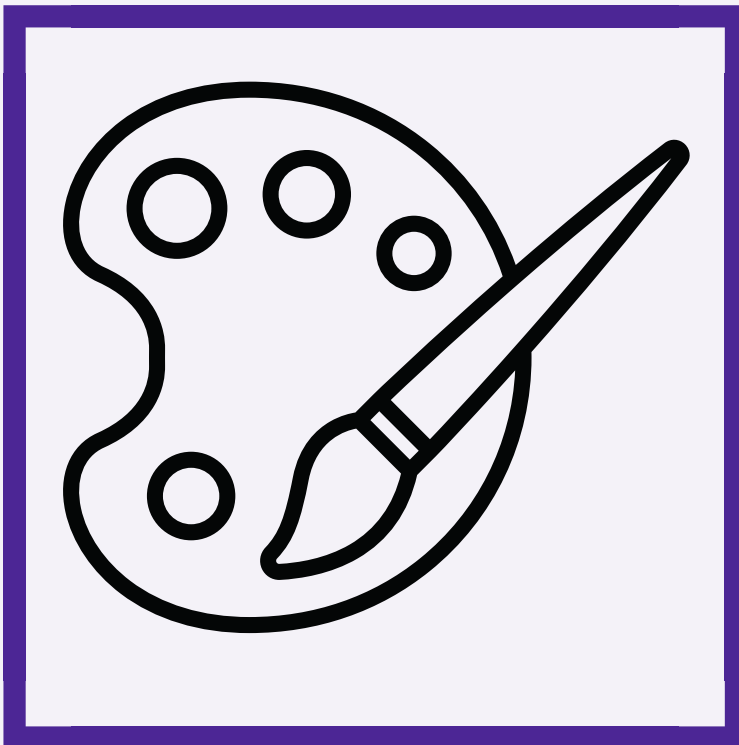
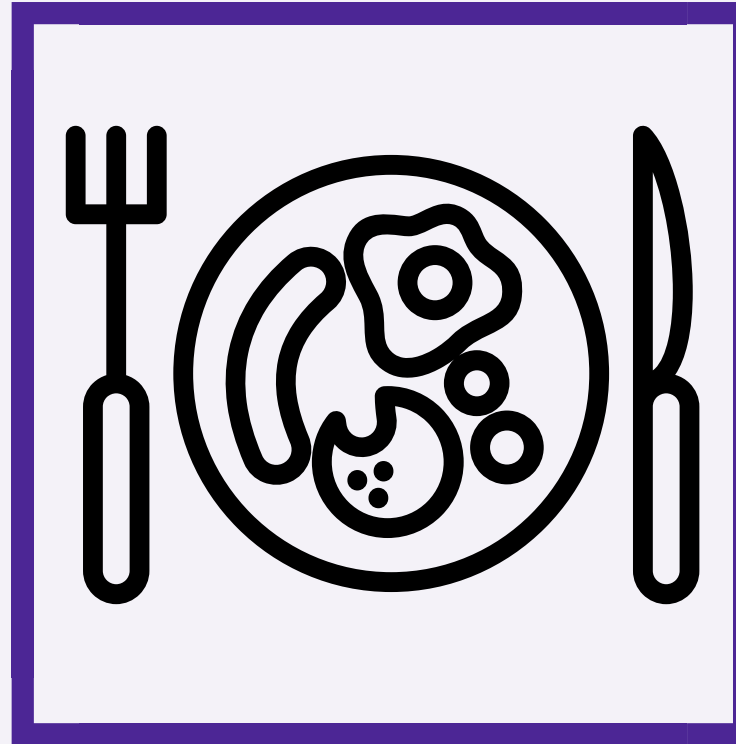
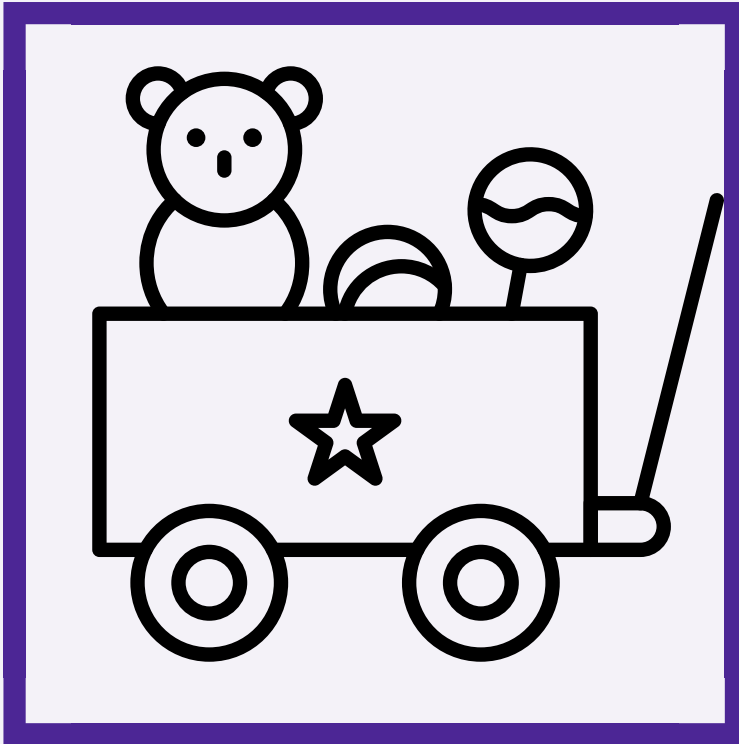
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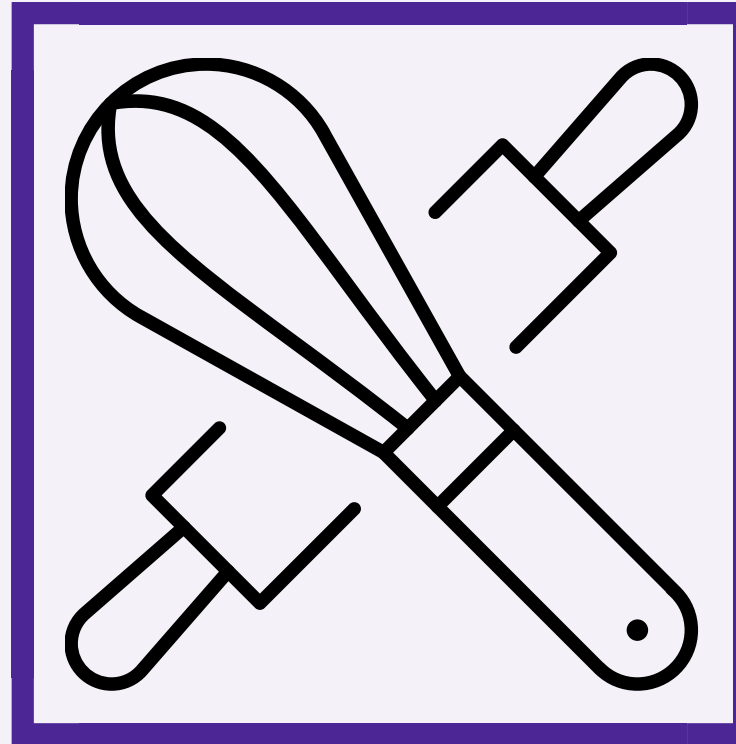
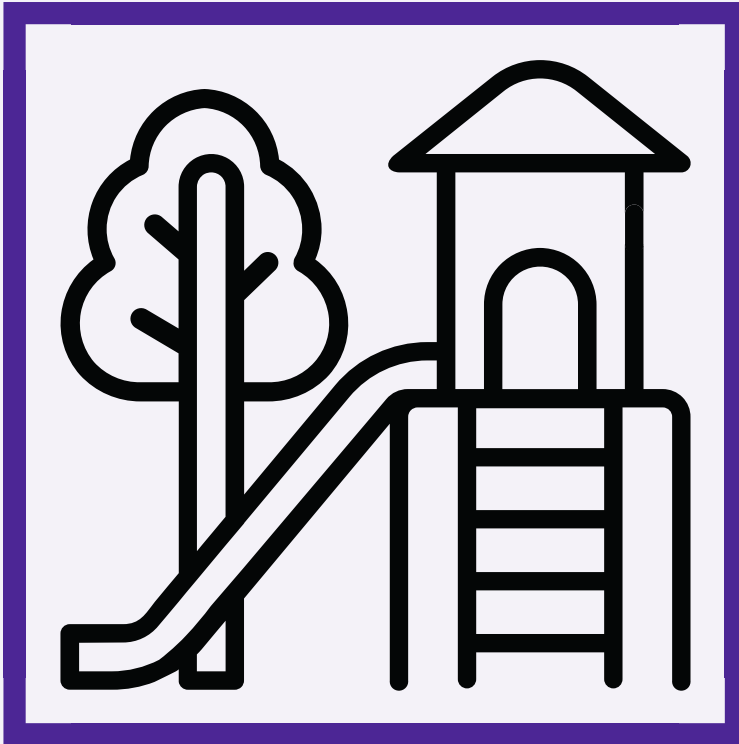
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