

Routines

– Reminder sheet –



Why set a routine?

Setting clear and consistent routines can help maintain harmony in your family. Routines promote collaboration in children and reduce sources of conflict and the use of discipline. They help save time and develop children's autonomy while also nourishing their sense of security.

How to set a routine:

1. **With your child**, identify the **actions** he will accomplish during the routine. Have **realistic** expectations towards your child's abilities. Set the **order** in which the actions will be accomplished and the time required for each of them.
2. Use **pictures** to illustrate the different actions to be accomplished during the routine. With a single glance, your child will know what he needs to do. In a table, assemble in order the different actions that your child must accomplish during the routine. Hang the routine table in a **visible area** of the house.
3. In the beginning, **accompany your child**. Announce the start of the routine and follow him throughout his tasks. For example: "In 5 minutes, it will be time to start your homework". Your child will eventually apply this routine on his own.
4. Apply the routine in a **consistent** way and don't deviate from it.
5. **Congratulate** your child at the end of the routine to motivate him.



Make time to play with your child during the routine. This special time will help you bond with your child and establish discipline at home.

When can I set a routine?

- ✓ In the morning
- ✓ When getting home from school
- ✓ During meals
- ✓ During homework time
- ✓ During bath time
- ✓ Before going to bed
- ✓ etc.

The following pages include suggestions for routines and worksheets to fill out. Cut out the tasks in a way that will allow your child to move them in his table when he completes them. Adjust the tasks based on your child's needs.



MORNING ROUTINE



TO DO



MADE



1

Make my bed



2

Breakfast



3

Brush my
teeth



4

Dress me up



5

Leaving for
school





MORNING ROUTINE



TO DO



MADE



1

2

3

4

5



EVENING ROUTINE



TO DO



MADE



1

Wash myself



2

Put on my
pajama



3

Brush my
teeth



4

Story



5

Sleep





EVENING ROUTINE



TO DO



MADE



1

☐

2

☐

3

☐

4

☐

5

☐



BACK FROM SCHOOL ROUTINE



TO DO



MADE



1

Empty my
lunch box



2

Wash my
hands



3

Snack



4

Homework



5

TV time





BACK FROM SCHOOL ROUTINE



TO DO



MADE



1

2

3

4

5

MY ROUTINE



TO DO



MADE



1

2

3

4

5



