

Positive Behavior Strategies:

Routines

All of us, parents and children both, find that our days proceed more smoothly if we establish routines. For instance, if we know that bedtime is 8:00, we don't have to make decisions every evening about what time we will go to bed. If we know that we will eat cereal every morning for breakfast, we don't have to make decisions about what to have for breakfast. If your child knows what to expect during routines, you should have fewer instances of challenging behavior.

Here are some times of the day where you can develop routines to help both you and your child:

- Wake Up Routine
- Getting Dressed Routine
- Routines for Running Errands
- Play Time Routines- Getting Out Toys, Sharing and Clean Up
- Nap Time
- Meal Times
- Bed Time Routine

Spend some time deciding what you would like your child to do during each routine. You can take photos of each part of the routine or use a visual schedule. Ask your child's therapist or teacher for help in finding pictures for each part of the routine. As your child completes each part of the routine, you can tell him "all done" as you put away the picture in an envelope or container and show the next part of the routine to accomplish. As your child learns the routine, he/she may no longer need pictures to complete each part of the routine.

As you begin teaching your child routines, another important thing to remember is TIME. **Give your child enough time to be able to complete the routine without feeling rushed.** Most of us have overslept and remember how uncomfortable we felt trying to get everything done we needed to in a short period of time. Nerves get frazzled and we lose patience more easily. This can lead to anger and behavior challenges with your child if you don't leave enough time to complete activities.

Last, remember that YOU are in charge of the routine, not your child.

Our Morning Routine		Our Evening Routine	
	go potty		go potty
	get dressed		brush teeth
	eat breakfast		pick up toys
	brush teeth		layout clothes
	brush hair		put on pjs
	apply sunscreen		pick out books
	put on shoes		say prayers