



ESTABLISHING NEW ROUTINES

TO GIVE YOUR CHILDREN A SENSE OF NORMALCY, IT'S IMPORTANT TO
KEEP UP WITH ALREADY ESTABLISHED ROUTINES.

IF YOU DON'T CURRENTLY HAVE A ROUTINE AND WOULD LIKE TO START
ONE, HERE ARE SOME TIPS FROM THE AMERICAN OCCUPATIONAL
THERAPY ASSOCIATION THAT CAN HELP GET YOU STARTED!



MORNING ROUTINES

- Keep wake up times as consistent as possible
- Plan and prepare the night before (i.e. pack lunches and backpacks, set out clothing, etc.)
- Have a visual schedule, checklist, or calendar to better prepare older children
- Try to make routines fun and interesting! Play music while getting dressed or offer rewards for good behavior
- It is definitely okay to relax the rules a little bit on weekends and holidays



MEALTIME ROUTINES

- Try to keep mealtimes consistent, and warn your child in advance if there is a change
- Include children in meal planning, setting the table, cleaning up, and even cooking when appropriate to develop life skills
- Encourage healthy eating habits by including rules like no TV or electronics during mealtimes
- Be a role model for your children! Use manners and engage everyone at the table in conversation to promote communication and social growth



BEDTIME ROUTINES

- Pick a bedtime based on your child's age and plan accordingly to fit in a predictable and consistent bedtime routine
- Even an older child should relocate to their room at "bedtime". Encourage them to read in bed if they are not tired
- After some practice with the routine, involve your child more in the process
- Avoid eating, exercising, and using electronics right before bed, instead use calming strategies to prepare them for bed, like playing relaxing music and dimming the lights