

ESTABLISH A ROUTINE



Children thrive with structure and consistency. Creating a written and/or picture schedule as part of your daily or weekly routine can support maintaining structure



Start to fill in your schedule with consistent eating, sleeping, and hygiene routines (i.e. set wake-up time, set mealtimes, set bedtimes, set times for hygiene tasks). Add in other activities around these specific routines.



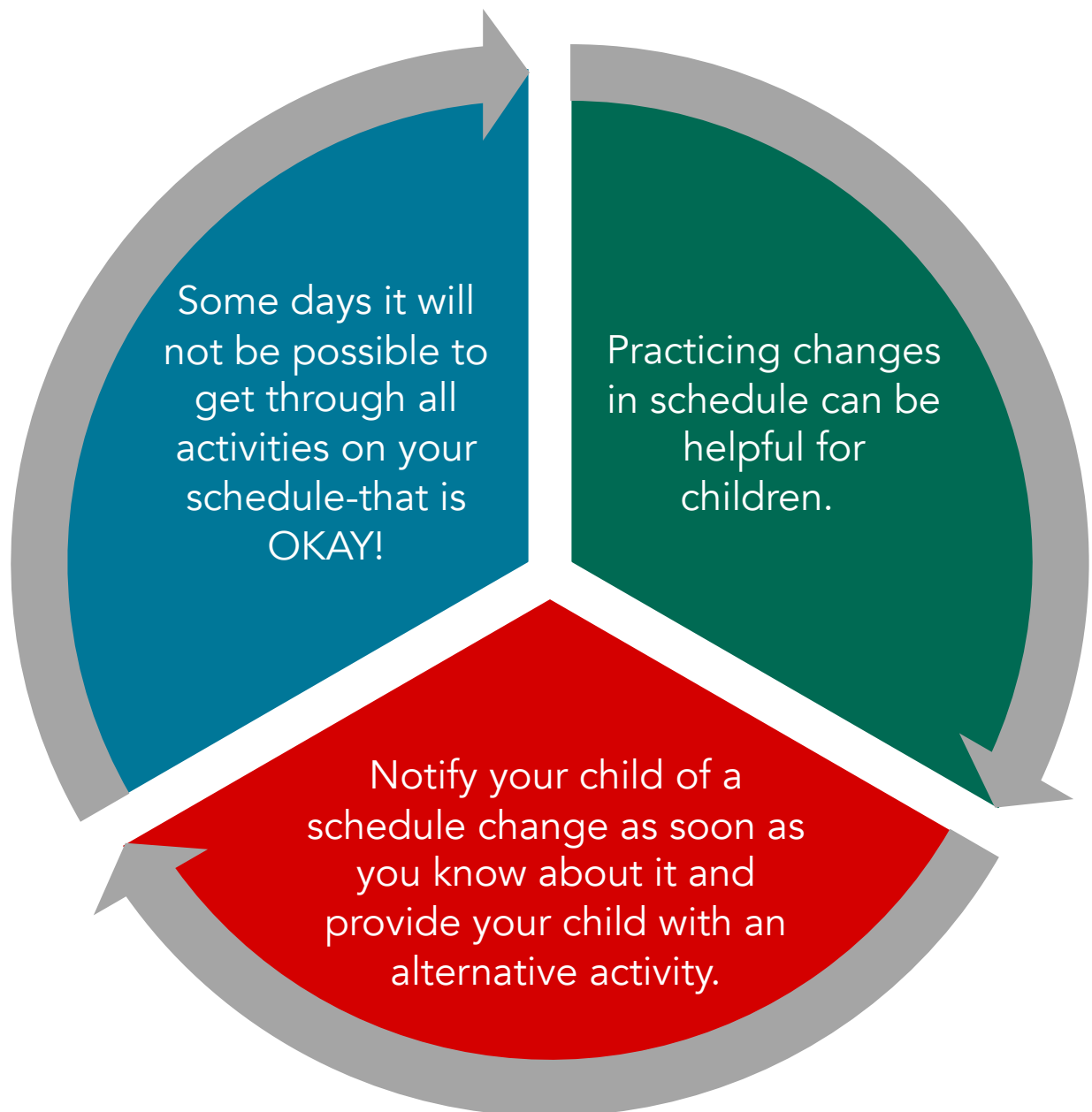
Be specific with your child regarding what exactly needs to be completed for each activity. Breaking each activity down into smaller steps can be very helpful. Using pictures can support your child's understanding of the activity.



Goals should be specific and realistic for you and your family. What exactly do you want your child to accomplish each day?

ROUTINE IN THE TIME OF COVID-19

Having a consistent routine can help create a calming and structured environment for you and your family, however it is important to be realistic when it comes to sticking with your routine.



ENCOURAGE GOOD BEHAVIOR

Once your routines have been set, identify easy to deliver rewards for your child to earn by following through with their routine.

What does your child REALLY want to play with or do during the day?



Keep these items out of reach until your child has completed the identified tasks.

Provide them with the item or activity immediately after they have "earned" it.



Set clear expectations for engaging with this reward.

How long will your child be allowed to engage with the activity?



Throughout each day, provide your child with more praise instead of negative consequences or reprimands.

Kids want attention (it's normal!) and you want them to learn that the best way to get your attention is by following expectations.



TRANSITIONS

Transitions can be difficult for children, especially when the transition is from a preferred activity to an activity your child does not enjoy.

Ensure each activity has a clear beginning and end and choose how you will notify your child of the transition.

- Review the schedule with your child at the start and end of each activity.
- Use visual cues ([visual schedule](#)) and [timers](#) prior to transitioning.

Alternate preferred and non-preferred activities!

- If you know your child hates chores, don't ask your child to complete them all at once. Instead, spread these activities out during the day.
- If possible, try to follow the hardest activities for your kid with something that they really enjoy.
- For example, model your evening schedule like so: put dirty dinner plates in dishwasher→30 minute choice time (i.e. watch TV, play with toys, etc.)→brush teeth→put on pajamas→ fun story time with adult→say goodnight→ lights out.



The chart is titled "Bedtime Routine" and features a blue background with stars and a crescent moon. It includes illustrations of a boy in pajamas holding a candle, a girl reading a book, and a child sleeping. The chart is a table with 7 columns and 8 rows. The columns are labeled: "Brush your teeth", "Use the potty", "Wash your hands / Take a bath", "Read a Book", "Lights out", and "Stay in bed until morning". The rows are labeled with the days of the week: "Sunday", "Monday", "Tuesday", "Wednesday", "Thursday", "Friday", and "Saturday". The table is currently empty, with no data entered.

	Brush your teeth	Use the potty	Wash your hands / Take a bath	Read a Book	Lights out	Stay in bed until morning
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						





The Bedtime Routine chart above is the product of <https://www.rewardcharts4kids.com/>.

SELF-CARE

Self care is an important activity for all members of your family!

Make sure you are setting manageable expectations and taking time for yourself (and your children) to self-regulate.

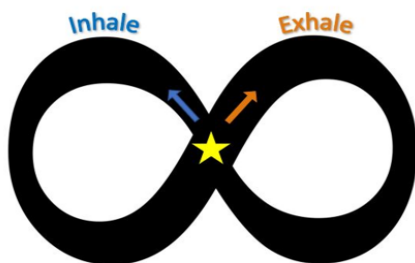
The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

The [Zones of Regulation®](#) is trademarked and the intellectual property of Leah Kuypers.
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Right now, the goal is to keep everyone as safe and healthy as possible.

Pick your battles! Brushing teeth every day may be something you need to prompt and reinforce, but maybe you can decide to let go of whether your child's clothes match.



The Lazy 8 Breath graphic above is the product of <https://yogainmyschool.com/>.

-[Headspace](#) is a free and easy to use guided meditation app

-[Zones of Regulation](#) is a cognitive behavioral approach used to teach ways to self regulate needs, emotions, and impulses.

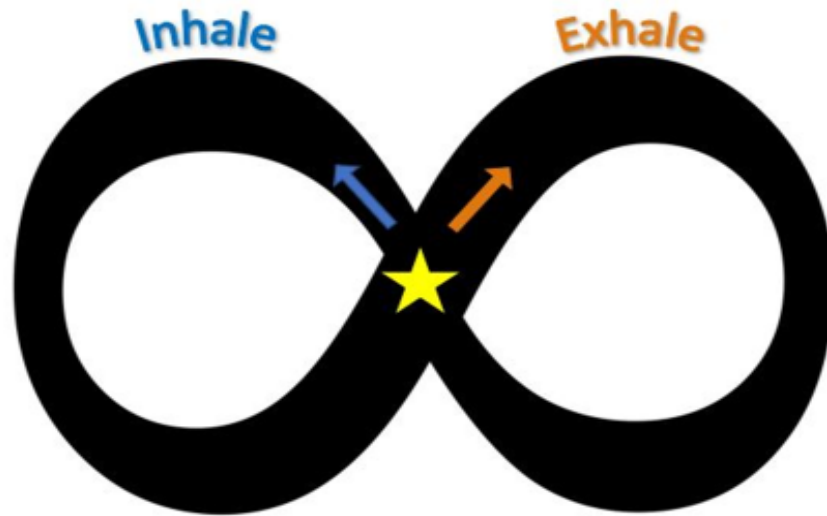
-[Breathing techniques](#) such as the "lazy 8" or "4 corner breathing" can be found on YouTube to teach breathing strategies that support self regulation.

-[Breathe Think Do](#) with [Sesame Street](#) is a free online resource that can support young children learning to regulate their emotions and impulses.

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