

## Family Connection: *Keeping it Routine*

### Focus Skill

*Identifies daily routine activities*

### About the Focus Skill

A child's understanding of their daily routine activities contributes to a sense of safety and independence. Helping children establish and maintain daily routine activities provides them with consistency which is a key ingredient to happy and helpful learning!

Do	Say
Explain to your child that when they are at home they have certain activities they will do just like they do at school.	<p><i>"When we are at home, we will do similar activities everyday just like you do at school! What are some things you do at school?"</i></p> <p><i>"All of those things help you learn and grow. You do so many things throughout the day at school. We are going to do many things at home that will help you learn and grow, too!"</i></p>
Support your child in identifying the things they will do at home and creating a visual schedule.	<i>"When we are at home we will have a routine. It will start every day by waking up! What do you think we will need to do when you wake up?"</i>
To create a visual schedule, get a piece of paper and make a two-column grid on it. One column will contain a picture of the activity drawn by your child and the other column they will use to put a checkmark when the activity is complete.	<i>"We are going to make a schedule of all the activities we will do each day. I need your help to draw a picture of each activity, so we know what we are going to do."</i>
<p>Talk your child through the routine activities you will do with them and have them draw a picture in the first column. Write the name of the activity next to the picture.</p> <p>Example of schedule:</p> <ul style="list-style-type: none"> <li>- Get dressed</li> <li>- Eat breakfast</li> <li>- Play</li> <li>- Clean-up</li> <li>- Read</li> <li>- Learning activities</li> <li>- Walk</li> <li>- Eat lunch</li> <li>- Nap</li> <li>- Play</li> <li>- Clean-up</li> <li>- Outside time</li> <li>- Play</li> </ul>	<p><i>"So the first thing we have to do every day is get dressed. Can you draw a picture of some clothes in this box?"</i></p> <p><i>What do you think will come next?"</i></p> <p><i>What picture could you draw to show [name of activity]?"</i></p>

<ul style="list-style-type: none"><li>- Eat dinner</li><li>- Take a bath</li><li>- Read</li><li>- Bedtime</li></ul>	
Once the schedule has pictures for each activity, use it to help your child keep track of their day!	

**Providing the Right Support**

If this activity is too challenging for your child, take turns drawing pictures or break the activity up and complete it throughout the day.

If your child is ready for a more challenging activity, set a timer at the start of each activity throughout the day. Once the timer goes off, ask them what activity is next.