

# TIPS FOR BUILDING ROUTINE WITH YOUR KIDS

## COLLABORATE



A strong routine is one that works for both you and your child. Make time to sit together and decide what needs to be included in their daily routines. Letting them take the lead will make them more excited and motivated to put the plan into action!

## TAKE ONE STEP AT A TIME

A lengthy routine can be overwhelming at first. Choose to prioritize on one or two steps while you build consistency. Some tasks may be harder to complete or may need more adult involvement. It's okay to make changes to the routine overtime and to focus on what works. Ask your child for feedback about what they find difficult or time-consuming and make changes together.



## USE VISUALS



Keeping a checklist or chart to help remind your child (and yourself) of what needs to get done helps make sure the same steps are followed every day. Make sure the list is somewhere easily seen like in the bathroom or kitchen.

## GIVE YOURSELF GRACE

Creating and implementing routines can be difficult and sometimes fall on the back burner. Be kind to yourself and patient with your child as you both navigate a new experience. Prioritize what is feasible and slowly work into a full routine. Make space for adjustments, changes, and discussions about what works.

