

My Child is Home... Now What?? Keeping A Routine

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Why have a routine?

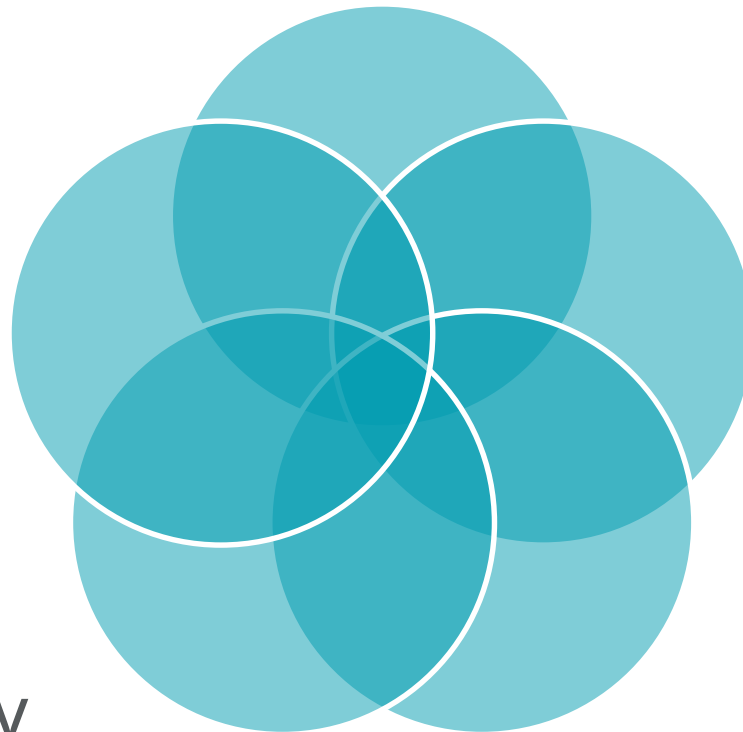
Routines are important!

Makes time concrete

Provides predictability

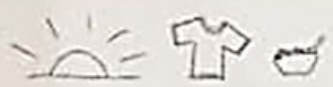

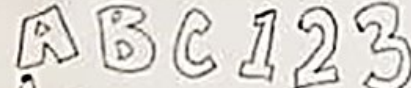






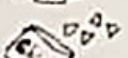


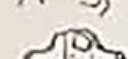

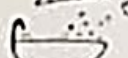
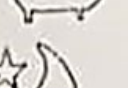
Fills the day

Lowers anxiety

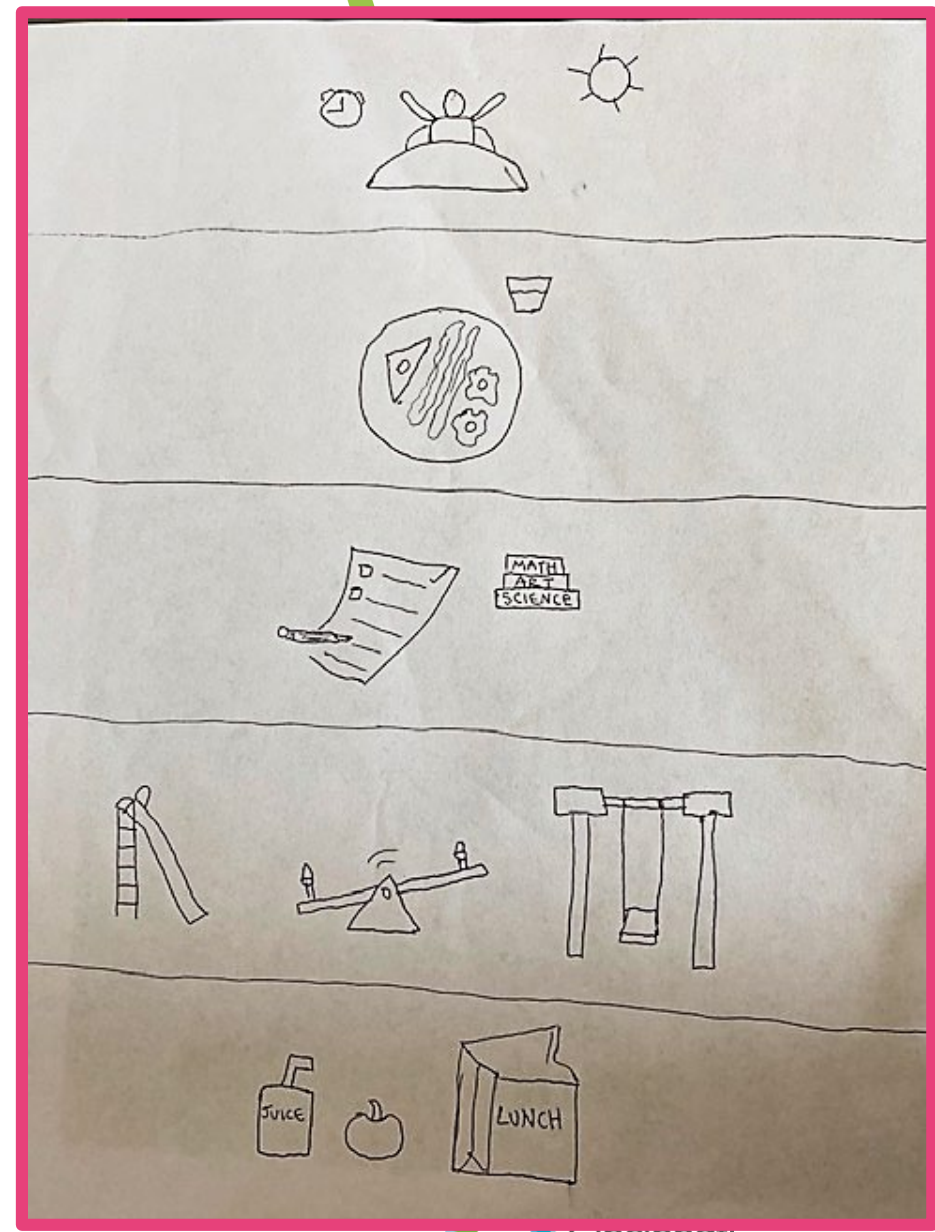


Format

- Visual
 - Longer time to process
 - Easy to reference
- How do we do this?
 - Get creative!
 - Save pictures from the internet and swipe through to show
 - Draw pictures
 - Create a schedule on the computer
 - Download an app

 Wake up, get dressed, breakfast
 Music and dance
 Learning!
 Snack
 Outside/exercise
 Play time!
 Lunch!
 Books and Nap
 TV time
 Snack
 Art
 Outside/exercise
 Free play time
 Dinner
 Bath
 Bedtime

Breakfast	
Get Ready	
Morning Basket	
School Work	
Play Toys	
Lunch	
Screen Time	
Outside Play	



Options to schedule

School Work

Social

Sensory
Time

Physical
Activity

Electronics
Time

Outside
Time

Free/Choice
Time

Meals and
Snacks

Work Tasks

Art

Music

Ideas for Each Option

School Work

- ABC Mouse
- Reading Books
- Counting
- Writing
- Work from school

Social

- Facetime Friends
- Facetime Family
- Practice Conversations

Sensory

- Play Dough
- Rice
- Water
- Slime
- Paint
- Swing

Ideas for Each Option

Physical Activity

- Trampoline
- Follow the Leader
- Tag Inside
- Walk Like Animals

Electronics Time

- iPad
- Television
- Cincinnati Zoo on Facebook at 3
- PBS Kids

Outside Time

- Go for a walk or walk the dog
- Scavenger Hunt Outside

Ideas for Each Option

Free/Choice

- Provide 3 choices that are good options

Meals and Snacks

- Put these on the schedule.
- Try to do in kitchen.
- Cooking or preparing together

Work Tasks

- Chores at their level
- If employed, think of tasks similar to their job

Ideas for Each Option

Art

- Drawing
- Coloring
- Painting
- Create an art wall

Music

- YouTube
- Amazon Prime
- Pandora
- Make music!
- DANCE!

Example of a Modified Schedule

Child's Typical Monday Schedule	Child's Modified Monday Schedule
Wake Up	Wake Up
Eat Breakfast	Eat Breakfast at kitchen table
Get Ready (brush teeth, get dressed, etc.)	Get Ready for day
School Morning Instruction	Abcmouse.com at desk/computer table Unstructured Break (15 minutes) Matching socks Sensory Break (20-30 minutes) Get the mail Unstructured Break (15 minutes)
Sensory Group	Taste-safe finger paints or whipped cream painting
Lunch	Set table and eat lunch
Recess	Basketball outside
Afternoon Instruction	Abcmouse.com at desk/computer table Unstructured break (15 minutes) Carry laundry down Sensory break (20-30 minutes) Switch laundry loads Unstructured break (15 minutes) File Folder at desk/table Unstructured break (15 minutes) Bake cookies
Snack	Eat the cookies at the table!
Home	Legos (15-30 minutes) Board Game Unstructured Break (15 minutes)
Swim Lesson	Water Play
Dinner	Stirring food Eat dinner at table
iPad/TV	iPad/TV (60 minutes)

Transitioning between activities

- Visual timer app
 - Time Timer
 - Lots of free ones!!
- Verbal Warning with hand countdown
- If a child is enjoying an activity, it's ok to keep it going for longer
 - This is flexible and fluid

Tips for Implementing

- Keep it simple the first couple of days!
- Be willing to fail and change it up!
- Ask your youth or young adult for input!
- Add a reward for following each step if needed.
 - Or for completion of the whole schedule
- Refer to it as just like at school, we have a routine here, too! This is our new home routine!