

What to Say During Routines

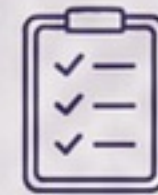
Simple phrases that can make everyday routines feel clearer and more manageable.

You do not need a perfect script. Short, clear, and predictable language can help children understand what is expected.



Before a transition

- "Two more minutes, then shoes."
- "When the timer goes off, it's time to clean up."
- "First bath, then book."



When giving a direction

- "Put your shoes on."
- "Check what comes next."
- "First brush teeth. Then pajamas."



When your child doesn't start

- "Let's get started together."
- "I'll help you with the first step."
- "Do you want the blue shirt or the green shirt?"



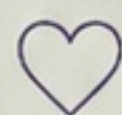
When your child is upset

- "I know you wanted more time."
- "You can be upset. It's still time to go."
- "I'm here to help you."



When they're successful

- "You checked your schedule!"
- "You finished even though it was hard."
- "You got started right away."



Try to keep directions short, specific, and calm.



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