

When Everyday Routines Feel Hard

Simple ways to make daily routines more predictable and manageable for your child.

You may notice your child...

- Need lots of reminders to get ready
- Become upset when it's time to stop a favorite activity
- Struggle when plans change
- Refuse parts of everyday routines
- Have a hard time moving from one activity to the next



Sometimes routines feel hard because children need a little more support understanding what is happening, what comes next, and when they'll be finished.

Try this at home

Instead of saying "get ready for school," try:

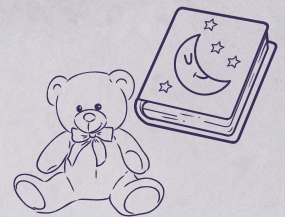
- 1 Get dressed
- 2 Brush teeth
- 3 Put on shoes
- 4 Grab your backpack
- 5 Go to the car



Breaking routines into smaller steps helps children know what to do and what comes next.

Instead of saying "It's bedtime," try:

- 1 Put away toys
- 2 Take a bath
- 3 Put on pajamas
- 4 Brush your teeth
- 5 Get into bed



You can also pair each step with pictures, a checklist, or simple first-then reminders.

When routines are still hard...

Try:

- Breaking the routine into even smaller steps
- Showing what comes next with pictures
- Giving a short warning before a transition
- Offering a simple choice when possible
- Praising each step they complete



The goal isn't perfection, it's helping your child understand what to expect and feel successful.



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