

Establishing an At-Home Routine

There are 4 key points when establishing a new routine or making changes to an existing one: start small, make the schedule known, build in motivation, and be consistent.

Start Small

- Pick a small part of your day to get started
- Add more activities when everyone is showing agreement with the schedule

Make the Schedule Known

- Visually display the schedule with
 - Pictures
 - Words on paper/sticky notes
- Or, keep the timing of events consistent

Build in Motivation

- Make the schedule meaningful and valuable by
 - Offering choice in order of activities or between 2 activities
 - "Sandwiching" a non-preferred activity between 2 preferred
- Saving the best for last

Be Consistent

- Practice every day!

Want to learn more about [establishing an at-home routine](https://www.youtube.com/embed/gEPeLABsPyw?rel=0)?
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