

# Setting up Schedules:

**MORNING:** Allow a 30 minute “free time/TV time” after medicine to allow absorption prior to asking a task to be completed. Avoid morning electronics (video games, tablets, computer).

**Have filler activities:** 30 minute increments (tasks usually take 10-15 minutes) which allows for preferred activities to reward after the task is completed. Here are some short activities (other than electronics) to fill space.

- Put lotion on (have good smelling lotions available)
- Time with Pets (throwing balls, brushing, teaching a trick)
- Plant care (watering, picking off dead leaves/blooms)
- Drawing, coloring-simple art
- Legos
- Sensory toys (have a box)
- Physical activity (shoot hoops, trampoline, hula hoop)
- Go outside for a 10 minute fresh breath

## **AFTERNOON:**

Tasks should always be followed by a preferred activity as reward for completion.

Electronics should be limited to 3 times per day at no longer than one hour.

Keep lunch and snacks at the same time each day.

Follow a similar schedule each day; the structure and predictability will help anxiety and frustrations.

Cool Off Ideas: Popsicles, smoothies, cool lotion, wet washcloths, sensory bottles, essential oils on skin or diffuse

## **CREATE PREDICIBLE RHYTHMS:**

Have a theme for each day to help think of intriguing activities. (Use Pinterest and Google)

General Example (but you can tailor to child’s age and interest i.e. Pokemon, dance, sports)

Monday-Money

Tuesday-Time

Wednesday-Wildlife or Water

Thursday-Travel

Friday-Fun Friday

Saturday-Summer Activities

Sunday-Family Funday

**CHORES:**

Keep them simple and make note cards or visual paper with steps of chore. Keep in a laminated pouch or pocket so child can take with them and re-use.

Pre-determine a reward or payment for completion of chores.

**EVENING:**

Meds should be given about an hour before expected bedtime; if given too early, kids will become lethargic and crabby. Important to note if going to an event or vacation.

Cut electronics off after 7:00pm. If allowing TV time, watch fun, comedy-avoid violent or high action.

Use relaxation techniques 30 minutes prior to bedtime. Ideas could include:

- Essential Oils like lavender (diffuse or massage)
- Calming music
- Reading
- Talking about day or things they are looking forward too
- Massage hands or feet with lotion or allow child to massage your hands or feet.

**VARIABLES:**

Vacations-Plan ahead and make a schedule with lots of blank spaces to write in activities. Vacation will go smoother if you bring the schedule.

Rainy Days-When planning the week, look at the weather to best prepared. Have a plan B if needed.

Change of Plans- Have "white out" corrector tape on hand so if you need to make a change you can write it in.

Consequences-Pull from upcoming preferred activities and refer to the schedule. Example: Child refusing to do a chore, shower etc... parent simply responds with, "when you finish your tasks, you'll be able to get to electronics". If child continues to refuse, then they lose the next preferred activity. Parents just white it out and replace with the missed task. If it's behavioral; then insert a consequence into the preferred slot. However, we recommend replacing the time with something/activity that reflects the poor behavior. If a mess was made-cleaning it up. If behavior was verbal; writing in a behavior journal about what happened. Time outs can be used, but 30 minutes time out may be too long and escalate higher. Allow child to get back on schedule after the 30 minute slot has expired.