

# DAILY ROUTINES



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## 01. Importance of daily routines:

Familiar routines provide comfort and safety.

Routines help children feel confident and in control.

Routines can support learning self-help skills and responsibility.

## 02. What are daily routines?

Regular, predictable activities in natural environments, like at home or school.

## 03. Characteristics of daily routines:

Successful routines are reliable, consistent, and balanced. They should also be easy to follow.

## 04.

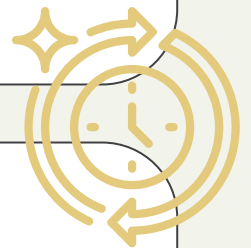
### Skills to follow daily routines:

- Memory- remember steps
- Attention- stay on task
- Executive functioning- start and complete tasks
- Following instructions- understand verbal cues and multi-step directions

## 05.

### What happens when routines change?

Children can get upset or anxious when routines change. This may cause meltdowns, shutdowns, trouble focusing, and difficulty understanding the changes.





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# WHAT TO DO WHEN ROUTINES CHANGE?



## Before the change:

- **Foreshadow!** Talk about it early (if you know)
- Review the changes on a visual schedule
- Use social stories or books that explain the situation
- Validate any anxiety



## During the change:

- Give clear, simple instructions
- Use timers to show how long the activity will be
- Offer sensory tools or a calming space for regulation and distraction



## After the change:

- Validate any remaining distress
- Talk with your child about the most fun part of the “adventure”
- Adjust a visual schedule for the rest of the day if needed