



## How to Make and Use Routine Charts

Consistent routines provide children with a sense of safety and security. Children are able to thrive when adults create and follow regular schedules and routines. Often times, children have difficulty with morning and nighttime routines such as getting up in the morning and getting ready for school, or going to bed at night. Creating routine charts with pictures can help children learn and follow their routines every day.

### Things You Will Need:

- Paper or poster board to create the chart
- Pictures of different morning and bedtime activities (bed, toothbrush, potty, books, etc)
- Laminating paper
- Dry erase marker

### Instructions for Creating the Routine Chart with Your Child:

To introduce the routine chart to your child, choose a time of day where your child may be having some difficulty (morning, naptime, bedtime).

Talk with your child about making a plan together, to help make their routine easier. For example, “we can make a chart with pictures of all the things we need to do before bedtime. If we put them in order, we can practice every night the same way and it will make it easier to go to bed.”

Engage your child in creating the chart with you. Talk with your child about the things that you need to do during that time of day (i.e., what do you do every night before we go to bed?) Together, decide which steps you would like to include in the routine. Try to keep the chart to somewhere between 5-7 steps so that you do not overwhelm your child.

Have your child draw pictures, or print pictures of those steps/activities (reading a book, putting pajamas on, lights out, etc).

Together, create a chart using the visual pictures and draw or paste them in order of which activity comes first and next in the routine (see attached examples).

Next to the pictures, write what the step is in simple terms (use the potty, brush teeth, read story, etc.) Leave some space after each step where you will be able to write in

Morning Routine for _____	
	Wake up!
	Get dressed
	Eat breakfast
	Brush teeth
	Wash face
	Comb hair
	Pack bag

Courtesy of Pitakes Parenting, <http://www.PitakesParenting.com/>

the time that the event should begin as well as a space where your child can check off each step as he/she completes it (see example).

Laminate the routine chart once it is assembled and hang the chart at the child's eye level, in a place he/she will see it every day.


## Instructions for Using the Routine Chart with your Child

When you first start using the routine chart, assign times to each step or activity and talk with your child about when these steps should happen each day. You may choose to allow your child to pick the times with you, within reason. For example, reading a story at 7:30pm, lights out at 8:00pm.

Use the dry erase marker to write these designated times next to each activity in the routine.

Try to follow the routine times with consistency as much as possible. If the times need to change, let your child know of the change and show him/her when you change the time on the chart.

Next to each activity, have your child use the dry erase marker to check off each step as he/she completes the step each morning/night. This will help the child to see what he/she has done and still needs to do in order to complete the routine.

Bedtime Routine for _____		
	Pick up toys.	
	Take a bath or shower.	
	Put on pajamas.	
	Brush teeth.	
	Use the potty.	
	Read a book.	
	Turn lights off.	

Once the routine is completed for that night or morning, the check marks can be erased so the child can use the chart again the next day.

Give your child specific positive praise as he/she follows each step along the routine chart. Consider giving your child rewards as he/she is able to follow the routine (special weekend activity, time with mom and dad, etc.)

Example charts retrieved from Priceless Parenting:  
<http://www.pricelessparenting.com/chart-for-kids>