

# Daily Routines

## Primary Objectives

1b. Follows limits and expectations

## Why It's Important

Providing predictable, consistent routines throughout the day will help your child feel comfortable in his surroundings and understand what to expect.

## Materials

Large piece of paper; markers

## What You Do

1. Watch your child as you go through your daily routines. Does he follow procedures properly? How does he behave during transition times? What does he do when it is time to clean up?
2. Talk with your child about specific procedures that he follows during the course of a typical day. *Before lunch, we wash our hands. Why do you think we need to do this?* Invite your child to talk about other familiar routines.
3. Make a big "daily routine" schedule to hang on the wall. Use pictures and words to represent the different parts of the day. Invite your child to create his own pictures to illustrate what happens during the day.
4. Read the schedule each day, and talk about unexpected changes in routines ahead of time. For example, start talking about an upcoming trip to the zoo a few days before it occurs.