

# RAH RAH Routines!

## Tips for Parents

Setting up and following routines is a skill that helps both children and adults get through their day and handle responsibilities more easily.

**Routines** can be the order of steps that are taken to get ready for something, such as school or bedtime.

**Transitions** are the switch from one thing to another, such as activities, places, or times of day.

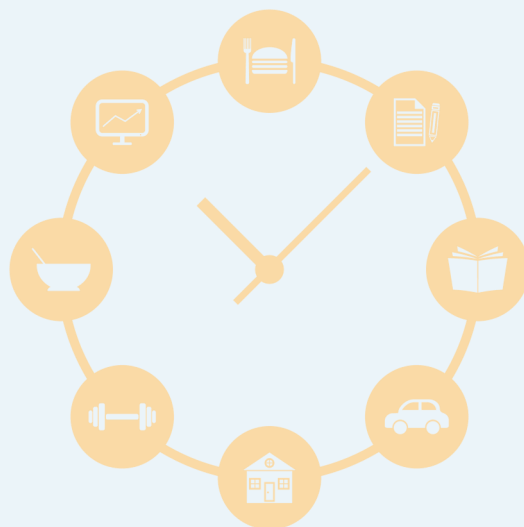


We have learned that routines help with feelings of *safety* and *comfort*. Children often feel as though they have no control over their lives. Routines can help children understand that a transition need not feel scary, which is often displayed with negative behaviors.

When you help your child transition by setting up routine steps to take, **you are teaching them helpful skills they can use throughout life to manage transitions without stress.**

## Routines will help your child with transitions in these ways:

- Look forward to the experience of new people and places
- Learn about sequence and organization
- Improve trust with their caregiver
- Know how to please you
- Follow directions
- Feel a part of rules
- Feel safe because they know what to expect
- Know how to behave because they know what is expected of them.





Routines for transitions need some time to set up and work for your family—you can expect some rough times and possible setbacks as the details get ironed out.

## Here are some guidelines for developing a routine:

- Begin by selecting one area of transition that has been tough.
- List all the steps. Create a visual checklist or schedule using pictures from magazines, clip art, or photos of your child accomplishing the step.
- Involve your child in setting up a routine in showing them the steps. Give your child jobs within the routine and give them choices.
- Take time to prep your child each day by talking about the routine and asking them what comes next in the steps.
- Make a timer a step in the routine to give your child advance warning of an upcoming transition.
- Allow your child to choose a special toy or object to bring with them as they follow the routine.
- Make the routine a game for added fun!
- Sing songs about the transition as a step of the routine. You can make these up or find an existing song. There are songs on YouTube about [cleaning up](#), [bedtime](#), [eating meals](#), [going to school](#), etc.
- Maintain consistency as much as possible and plan ahead—some routines may

need to be changed due to special situations. Be prepared to warn your child of the upcoming change and make a new routine.

- Include bonding time in the routine.
- Give praise often about the tasks your child achieves.
- Watch for signs of struggle so that steps can be modified (change the order, break into smaller steps). Set them up to succeed!

