



## *Why are Routines Important?*

Routines support:

- Development and learning
- A sense of safety
- Structure and dependability
- Family bonding and relationships
- Regulation
- Participation in activities of daily living
- Boundaries and expectations



Routines help decrease stress and anxiety for children and caregivers.



# How to Incorporate Routines?

When creating a daily routine consider the following:

- **Predictability**
  - Same order of daily activities
  - Same location/environment for activities
  - Activities occur at a similar time daily
- **Stability**
  - Routine occurs consistently throughout the week
  - Set clear expectations and boundaries
  - All members of the family follow the routine
- **Communication**
  - Let children know their daily schedule
  - Prepare for changes to the routine
  - Give warnings before transitioning between activities

## How Can an Occupational Therapist Help?

- Develop a routine for your family around naturally occurring daily events
- Create a visual, picture, or verbal schedule
- Support regulation and sensory processing during your daily routine

**Consult with your occupational therapist for an individualized plan to meet your child's needs**

