

SEPTEMBER 2022

TIMELY TOPICS

JORDAN CHILD DEVELOPMENT CENTER



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PARENT CLASSES:

September 29, 2022

Early Signs of Autism

Talking to Your Family About
Your Child's Special Needs

ROUTINES FOR YOUR FAMILY

Creating routines for your family helps you get organized, figure out what needs to be done and when, and spend time together. Routines are beneficial for your entire family. They help adults remember important tasks, feel in control, and decrease stress. Routines also help adults plan what needs to happen throughout the day.

Establishing predictable routines is incredibly important for kids. They help our children learn limits and expectations, feel safe and secure, and develop important life skills.

We are used to following routines and schedules during our work days (whether you work outside of the home or work in your home). For many of us, we know what to expect when we're at work because our schedule is pretty set. This allows us to focus on tasks we need to complete that day.

We know what time appointments and meetings are going to occur so we can plan for them. We also know the rules and expectations at our job and those rarely change.

The routines we establish at home for our kids don't have to be as set as our work schedule. Certain activities may occur on certain days and not others. The times of activities may fluctuate a bit from day to day or on the weekends. However, setting a family routine teaches your child what is important to your family and know what is expected of them.

Steps to a Routine

Each family's schedule and routine will be different. We all have our own way of doing things. Take some time to think about the regular activities that your family does.



1 Write down what a typical day looks like.

Write down activities such as when everyone gets up, meal times, play times, school start and end times, bed times, etc. You may have certain activities or fewer activities on the weekends. Your older kids may have a slightly different schedule than your toddler and preschooler. That's usually the case. Write it all down and you'll figure out the timing later.

2 Add in important things you want to remember.

You may want to remember to check your older kid's homework or pack lunches for the next day. You may also want to add in "family time" on a certain day or read to your youngest before he goes to bed.



3 Write down your tentative routine.

Add times for each of your big activities (meal times, going to work and school, bed times, etc). If creating a routine for your entire day seems too big right now, you can start with a smaller routine (morning, bedtime, etc). You don't have to do a routine for your whole day.



4 Display and review your routine.

Find a place where your family will regularly see your schedule. Show your kids where it is. If your children are younger, add pictures to help them understand the order of their day (diaper, teeth, play, breakfast, etc).

Review your schedule and routines with your toddlers and preschoolers often. Show them what it's time for now and what is coming next. You can also show them when their favorite activity will happen.

Making Your Routine Work

You can simplify or adjust your routine for different ages of kids. You can also change your routine when different activities come up (school, grandma's house, library, swimming lessons, etc). You can also add in additional chores and activities for your older kids.

Use pictures or objects to help your toddlers and preschoolers understand what you're telling them.



Let your child(ren) choose the order of some of the schedule. For instance, do they want to brush teeth before their shower or after their shower? Allow for some choice when it's appropriate.



Use a timer or transition cue to alert your child that one activity is ending and it's time to go to the next. You can use a timer on your phone or you can give them a 2 minute warning and then count to 5 when it's time to end. These cues will create a predictable routine for your toddler and preschooler and help them understand transitions.



Routines and Learning

Creating predictable routines teaches toddlers, preschoolers, and older children a variety of important life skills.

Chores / Cleaning Up



Cleaning up toys, throwing away trash, and putting away other items teaches responsibility to kids of all ages. Keep chores and expectations appropriate for your child's abilities.

Words and Phrases

The words we use with activities and routines help our children to learn what those words mean. When words and phrases are repeated frequently and our kids understand them, they may begin to repeat some of the words they hear.



Attention to Toys and Activities



Predictable routines and expectations increase our children's attention to toys and activities. When they know it's time for a certain activity (and other options are not available now), they will learn to attend to and play with those items.

Listening / Following Directions

Routines also help our kids to listen to us, understand what we are telling them, and follow simple directions related to those routines.





Free Classes for Parents!

Date For All Classes:

- Thursday September 29, 2022

Location:

- **ZOOM**
 - Meeting ID: 663 934 6024
 - Password: 589035

Early Signs of Autism

- 9:45am - 10:45am **OR** 12:45pm - 1:45pm

Talking to Family Members About Your Child's Special Needs

- 11:00am - 12:00pm

Please RSVP by emailing or calling:

- Lisa Cvetnich at lisa.cvetnich@jordandistrict.org
- 801-567-8510

We'll see you there!