

Daily Schedule

During summer, it may be more of a challenge to have a routine each day. Although being flexible is important, it is also important for your child to have the consistency and comfort that a routine provides. So let's make a daily schedule! This will also help your child with following limits and expectations (Obj. 1b), making connections (Obj. 12b), and demonstrating knowledge of patterns (Obj. 23).



1. While sitting with your child, talk about the tasks they typically do every day. Ask them questions during this step. Are they able to provide any feedback?



2. Write down the tasks you came up with, in the order that your child does them. For example, the first item on your list will probably be waking up. In addition to the necessary tasks, try to include some fun ones and some that you want to start making more time for, like reading.



3. Add approximate times next to each task. If possible, add some pictures or drawings to help your child understand what you have written.



4. Post the schedule in a place where your child can easily see it. Start using it!

