

Autism Education Series: Establishing Routines

Why do we need routines?

- Routines help us to:
 - organize our day, build and support structure and consistency to complete our tasks.
- Using routines can help your child with autism. Routines can:
 - reduce stress by making things more predictable.
 - teach new skills and/or other life skills.

Create a routine for your child

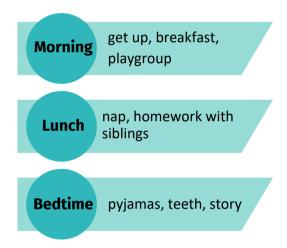
- Consider how your day naturally happens.
 - a. outline the tasks you would like your child to complete during the day.
 - b. break these tasks into smaller steps to help your child understand.
- Balance between necessary tasks and fun/preferred activities.
- Consider family values what is important to your family?
- Be predictable and specific.

A few tips: creating a schedule

- Your schedule will be unique to your family and child:
 - tailor to your child and how they learn.
 - consider visuals and/or words.
 - what will excite them to continue (stickers, checkmarks)?
 - refer to the schedule often and reinforce the importance of each task.

Learning the routine

- Refer to the schedule often show your child the visual and then support them to complete the task
- Consistency is key.
- Learning takes time and practice don't give up!
- Be prepared for changes flexibility is very helpful.





Extra tips

- <u>Praise</u> your child for following the routine!
- Learning a new skill can be hard make it worth it for your child.
- Provide <u>warnings</u> to signal transition times.
- Build <u>choices</u> into the routine!