

# 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.

### Morning

get up, breakfast, playgroup

### Lunch

nap, homework with siblings

### Bedtime

pyjamas, teeth, story

## 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

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