

DAILY ROUTINE GUIDE



CONSISTENCY HELPS YOUR CHILD FEEL SAFE AND CALM.

TODAY IS : _____

TIME OF DAY	ACTIVITY	WHO GUIDES
MORNING	MEAL (BREAKFAST, LUNCH, DINNER)	PARENT / CAREGIVER
AFTERNOON	PLAY (BLOCKS, COLORING, OUTSIDE PLAY)	PARENT / SIBLING
DAYTIME	SCHOOL / ONLINE CLASS	TEACHER / PARENT
AFTERNOON	REST (NAP OR QUIET TIME)	PARENT/ CAREGIVER
ANYTIME	THERAPY PRACTICE (SPEECH, OT, OR HOME PRACTICE)	PARENT / THERAPIST

GUIDING TIPS

KEEP 2-3 MAIN ROUTINES CONSISTENT.

ADD ONE SMALL LEARNING ACTIVITY DAILY.

USE VISUAL AIDS (PICTURES, SYMBOLS) IF YOUR CHILD RESPONDS BETTER.

WRITE ONE LINE OF PROGRESS DAILY.

NOTES

SMALL ROUTINES LEAD TO BIG PROGRESS