

Establishing Routines at Home

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Establishing Routines at Home

- *Using visual schedules
- *Planning activities
- *Successful morning Routines
- *Successful bedtime routines
- *Support transitions throughout the day

Giving credit where credit is due!

A fabulous resource for you at home!

WWW.challengingbehavior.org

Go to :

Backpack Connection Series

Using visual schedules at home

- Visual schedules will support your child's ability to follow directions and transitions during the day.
- It will help your child to understand:
 - *What am I supposed to be doing?
 - *How do I know if I am making progress?
 - *How do I know when I am done?
 - *What will happen next?

Planning activities to reduce challenging behaviors

- Use a visual schedule.
- Tell your child exactly what to do!
- Practice!
- Catch your child doing the right thing!
- Prepare your child before an event.
- Hope for the best but plan for the worst!

Have a successful morning!

- Use a visual schedule.
- Is your child getting enough sleep?
- Plan ahead, do what you can the night before
- Give your child some power by providing choices.
- Encourage your child.

Have a successful bedtime!

- Use a visual schedule.
- Provide your child with a calm environment.
- Tell your child what will happen when they wake up.
- Give undivided attention during the bedtime routine.
- Be consistent and set limits.

Support transitions throughout the day

- Use a visual schedule
- Give warnings before a transition, be creative!
- Make the transition a game. (*be careful not to turn an initial direction into a game!)
- Sing songs as you transition.
- Give your child a job.
- Plan what will happen during the next activity.

Thank you for joining me!

Please contact me with any questions:

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