

Setting a Routine for your Student/Child

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Setting a Routine for your Student/Child

- How do you get your kids to work from home, like it's a school day?
 - **Routines:**
 - Designate a section of your house for learning. Give everyone a box and fill it with supplies dependent on their age (Chromebook, books, notebooks, paper, pens, crayons, etc.). Get ready, set, learn!
 - Continue as usual where everyone gets up and puts on clothes as if they were going to school. No pajamas! To set the tone, you can ring a bell or play a song while everyone marches to the learning area. Just like in school, there should be no phones, TV or any other distractions.
 - Build a schedule with your kids to mimic a typical day. Include time for study and learning, PE, lunch, snacks and naptime for the little ones. The structure sets expectations and breaks the long day into manageable chunks. You can also empower older kids by having them help younger ones and lead group projects.
 - Assign who chooses the wake-up song, who leads the exercise break between study time slots, who decides on the PE activity and who ends the school day in a funny way.



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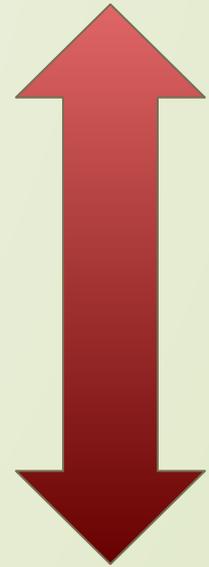
- ❑ How are you going to get everything done in the house?
 - ❑ **Chores:** Kids can help with chores. This will not only keep them busy, but also it teaches life skills. Include chores in the routines.
 - ❑ The best way to motivate kids is when they're involved in the decision-making process, so have them help create the chore list. If you have little ones, include pictures so they too can "read" it
 - ❑ Turn chores into a game. The secret is incorporating your children's passions, like listening to music, singing and dancing (i.e. toddlers can wiggle and dance while they clean a room, young children can pretend to be their favorite superheroes, and older kids can race against the clock to music).
 - ❑ Brainstorm other playful ideas with your kids.

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Chores:

- Making bed
- Folding and putting away clothes
- Wiping surfaces
- Taking out trash
- Vacuuming floors - Model safety
- Washing dishes - Model the steps to wash dishes
- Doing laundry - Model to your child the steps to do laundry

Easier Tasks



Harder Tasks

Always Practice safety with them by supervising

Safety



- Always discuss safety with your child when performing chores

- What should they do if a glass breaks while washing dishes?
- How long should they wait after microwaving food?
- How do they safely plug something in?
- How do they safely cut a sandwich in half?
- Can they verbalize/understand the proper steps to complete _____?
- Can they verbalize/understand how to practice the activity safely?

| HOME ALONE CHECKLIST FOR KIDS | |
|--|---|
| SAFETY CHECKLIST <ol style="list-style-type: none">1. LOCK ALL DOORS2. CALL PARENT TO LET THEM KNOW YOU ARE HOME3. DO NOT LEAVE THE HOUSE4. DO NOT OPEN THE DOOR5. DO NOT TELL ANYONE YOU ARE HOME ALONE6. KNOW WHERE THE FIRST AID KIT IS7. RESPECT THE RULES OF THE HOUSE | EMERGENCY CONTACTS <p>PARENTS NAME _____ WORK # _____ CELL # _____</p> <p>PARENTS NAME _____ WORK # _____ CELL # _____</p> <p>NEIGHBOR'S NAME _____ CELL # _____</p> <p>RELATIVE'S NAME _____ CELL # _____</p> <p>RELATIVE'S NAME _____ CELL # _____</p> <p>IN CASE OF EMERGENCY DIAL 911</p> |
| CHORES TO DO: <ul style="list-style-type: none"><input type="checkbox"/> FINISH HOMEWORK<input type="checkbox"/> MAKE A SNACK (APPROVED ITEMS ONLY)<input type="checkbox"/> DO YOUR CHORES<input type="checkbox"/> AFTER YOU FINISH HOMEWORK & CHORES DO SOMETHING FUN<input type="checkbox"/> _____<input type="checkbox"/> _____ | |

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For non-verbal and young children/students create a picture routine

DAILY ROUTINE

Busy Toddler

Wake Up

7:30 am Greet kids, clean kid bedrooms
8:00 am Breakfast / Screen time
9:00 am Clean up / Free play
9:30 am Easy activity or school work

10:30 am Snack
10:45 am Outdoor play

11:15 am Read aloud
11:30 am Free play

12:00 pm Lunch
12:30 pm Clean up / Free play
1:00 pm Nap time / Quiet time

UNION BREAK

3:00 pm Snack
3:15 pm Easy activity
3:45 pm Outdoor play
4:15 pm Read aloud
4:30 pm Free play / Dinner prep
5:30 pm Dinner

FAMILY TIME

A NOTE ABOUT SCREEN TIME

Screens are a tool you may or may not use. If you choose to use screens, make ONE routine slot each day for predictability and boundaries. Aside from that ONE time slot, reserve screens as a parenting tool to use when you need help.

Helpful Tips

Set your alarm: shower before the kids wake up
Break the day into small chunks
Let kids help with housework
Use their current school schedule as your framework

Don't forget

Do morning or afternoon baths
Rotate puzzles, board games, & art supplies as play options
Head to @busytoddler and busytoddler.com for activities

Remember

This is SURVIVAL MODE. It's not going to be perfect. Do your best. Cut yourself slack. Cut the kids slack. This isn't forever. It's just for now.

Free Play

Free play is where a child is playing independent of an adult. This does not mean unsupervised. As the child plays, do adult work or chores, checking in as needed.

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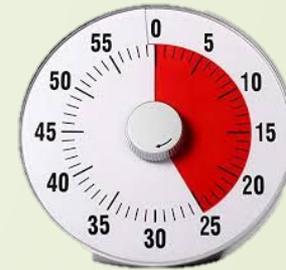
DAILY SCHEDULE

| | | |
|-------------|----------------------|--|
| 7:00-8:30 | Start the Day | <ul style="list-style-type: none">• get dressed • make the bed • brush teeth • eat breakfast• feed pets |
| 8:30-9:00 | Get Moving | <ul style="list-style-type: none">• walk the dog • family walk• yoga, stretching, get moving inside if the weather is bad |
| 9:00-10:00 | Learn | <ul style="list-style-type: none">• school work• edHelper sight words and word study packet |
| 10:00-11:00 | Create | <ul style="list-style-type: none">• drawing • crafts • legos, blocks, magnet tiles • baking |
| 11:00-12:00 | Lunch | |
| 12:00-1:00 | Get Moving | <ul style="list-style-type: none">• scooters and bikes • play outside • explore outside• music and dancing inside if the weather is bad |
| 1:00-1:30 | Work | <ul style="list-style-type: none">• chores • tidy messes |
| 1:30-2:30 | Learn | <ul style="list-style-type: none">• School work• edHelper math packet |
| 2:30-3:30 | Fun | <ul style="list-style-type: none">• edHelper puzzles packet • games • puzzles • music• educational video games • educational TV |
| 3:30-5:00 | Free Time | <ul style="list-style-type: none">• reading • TV • movie • video games • crafts • coloring• play outside |
| 5:00-6:00 | Dinner | |
| 6:00-7:30 | Family Time | <ul style="list-style-type: none">• family walk or bike ride • game • TV/Movie• Practice sports |
| 7:30-8:30 | Bedtime | <ul style="list-style-type: none">• showers and pjs • brush teeth • read books |

<https://worksheets.edhelper.com/dailyschedule-idea-for-when-kids-are-home.jpg>

Use of Visual Timers

- ❑ Visual timers can play a vital role in the lives of many individuals who have special needs, making participation in important events and necessary activities more tolerable and manageable for all involved.
- ❑ Examples of where a visual timer will be very helpful:
 - ❑ Transitioning from a preferred activity to an unpreferred one and vice versa
 - ❑ Staying On-Task
 - ❑ Tolerating Unpreferred Activities
 - ❑ Promoting Independence
 - ❑ Time-outs





References

- ❑ Bay Area Parent Area:
 - ❑ <https://www.bayareaparent.com/Article/Screen-Free-Boredom-Busters/>
 - ❑ <https://www.bayareaparent.com/Article/Keeping-Your-Cool-During-Coronavirus-Quarantine/>
- ❑ Friendship Circle: <https://www.friendshipcircle.org/>
- ❑ Busy Toddler: <https://busytoddler.com/2020/03/daily-schedule-covid-19/>
- ❑ Ed Helper.com: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>