

Supporting Regulation: Routines

What is a routine?

- A sequence of actions, regularly followed

How do routines support regulation?

- Routines are **predictable** and **familiar**
- This creates a **sense of safety** and **reduces distress**

How do I create a routine?

- Take the time to make a plan with your team.
- The plan can be based on days of the week or school days.
- Write out/type up the plan: Be specific so the grown-ups have all the information.
- Include breaks, down-times, choice-times (make sure the choices can happen!)

How do I make sure the routine happens?

- Everyone on the team needs to be aware of and agree with the plan.
- Use tools:
 - ✓ Visual Schedules (see examples below)
 - ✓ Timers (for the grown-ups and/or the child)
 - ✓ Buddy Systems (for certain activities – plan ahead!)

What if we can't follow the routine one day?

- There are always days with unexpected events and days when the child needs more or less of something.
- Using the same tools for your routines, such as visuals, timers, buddy systems, will help on the days when there are emergencies, substitutes, traffic jams, etc.