

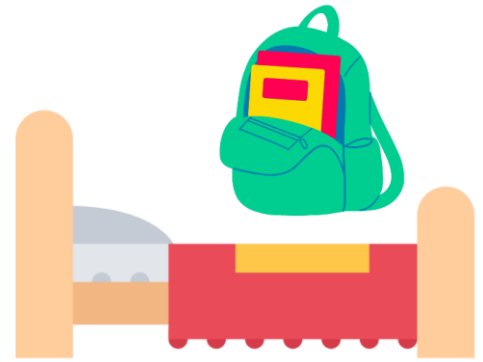
## How to support daily routines without nagging!

### Daily Routines need to become routine!

- The more often we do something every day the less we need to think about it and the more it is routine. It is less effort. If you think about learning to clean your teeth, you probably can do this in the morning without even thinking about it.
- Teaching skills and mastering them can increase confidence.

### How do you make them regular?

- ✓ Same time e.g., making bed each day
- ✓ Same place e.g., packing bag and placing by the door every evening
- ✓ Same routine on same day e.g., tidying room on a Saturday morning



### Getting started

- ✓ Don't try to do too much at once – set a priority about what is important- get that sorted and then move onto the next one.
- ✓ Prompt but don't nag.
- ✓ Extend the skills as your child grows older and praise effort
- ✓ Provide visual reminders – check list, weekly timetable of chores to help remind your child.
- ✓ Reward your child – they could collect points over a week with a target at the end of each week.