

Setting Up Routines At Home



Changing habits takes time. **Stay positive,** don't give up and remember to **notice success.**



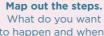


Try out the routine.
Check that it works
for both you and your child.
Be open to feedback and make
changes if they are needed.



Agree your plan with the other adults in the house. You need their support.





to happen and when?
What can children
do themselves and
what tasks will you
need to help with?
How much time
do they need to
do the tasks?









