



Routines and Schedules

Routines and schedules are very specific to families and even the individuals within the family. Gearing up to create a schedule that works for everyone can seem like a daunting task. Consider the following when creating your schedule:

1. What works for you? Maybe it's getting ready for school before eating breakfast. Maybe it's playing a game every night before bed. Maybe it's doing homework after supper. What parts of your current routine are working?

2. What definitely doesn't work for you and how can you change it? Are you running out of time in the mornings? Is grocery shopping on Saturday afternoon not working out? Think about what you don't like about your current routine and how you can make it better.

3. What else do you need to add in and what has to happen at certain times? Maybe you need to get outside more often so you want a family walk after supper. You know what time the bus comes and what time you want the kids in bed. Figure out the details that you **MUST** do.

Family Members: _____

Day: _____

Notes: _____

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