



PERRY LOCAL PRESCHOOL "PAW" SITIVE BEHAVIOR SUPPORTS FOR HOME

Dear Perry Preschool Parents,

Children feel secure and soothed by routines. They depend on them. It is our job to help them navigate their routines and try to keep normalcy. Some children might benefit from a visual schedule posted at their eye level where they can refer to it. Or they might do better with First/Then statements. First get dressed/Then we will eat Breakfast. Prepare for the morning routine as much as you can the night before. Be patient and give your child "wait time." Get down on their level, gain their attention and speak in a calm voice. You may need to repeat the direction given. Remember to state exactly what you would like them to do. Break the routine and directions down into simple steps given one or a few at a time, depending on your child's understanding.

Attached are some resources for you. As always, if you need additional resources please feel free to contact your child's teacher.

Perry Preschool Staff



10 Tips to Help your Child Follow Directions - <https://www.understood.org/en/learning-thinking-differences/understanding-childrens-challenges/talking-with-your-child/10-tips-to-help-your-child-follow-directions>

How to Establish a Morning Routine for Kids That Actually Works - <https://afineparent.com/lighten-up/morning-routine-for-kids.html>

Getting Your Child Out the Door in the Morning - <https://www.ahaparenting.com/parenting-tools/family-life/kids-morning-routine>

Building Structure - <https://www.cdc.gov/parents/essentials/structure/building.html>

How to Keep School Rhythm and Routines for Young Children at Home - <https://www.edsurge.com/news/2020-03-17-how-to-keep-school-rhythm-and-routines-for-young-children-at-home>

Printable Morning Routine Charts - <https://bitzniggles.com/printable-morning-routine-charts/>

Printable Bedtime Routine Chart - <https://bitzniggles.com/printable-bedtime-routine-charts/>

MY * MORNING * ROUTINE

	USE THE POTTY
	WASH HANDS
	GET DRESSED
	COMB HAIR
	EAT BREAKFAST
	BRUSH TEETH

Bitzniggles.com

MY * MORNING * ROUTINE

	USE THE POTTY
	WASH HANDS
	GET DRESSED
	COMB HAIR
	EAT BREAKFAST
	BRUSH TEETH





Bitzniggles.com

MY * BEDTIME * ROUTINE

	TAKE A BATH
	PUT ON PAJAMAS
	COMB HAIR
	BRUSH TEETH
	READ A BOOK
	GO TO BED

Bitzniggles.com

MY * BEDTIME * ROUTINE

	TAKE A BATH
	PUT ON PAJAMAS
	COMB HAIR
	BRUSH TEETH
	READ A BOOK
	GO TO BED

Bitzniggles.com

